

# QUICK HOW TO ON HABITS

THE WORKSHEET

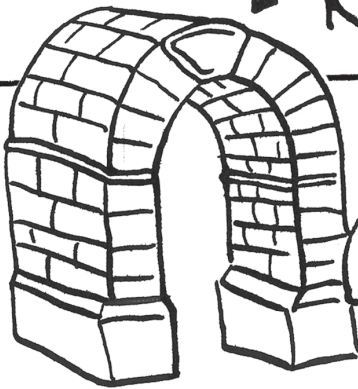
BE SPECIFIC  
& PICK YOUR  
ONE  
THING

SHALL DO THIS :

(YOUR NAME)



KEYSTONE



EXTREMELY  
POWERFUL  
GUY!