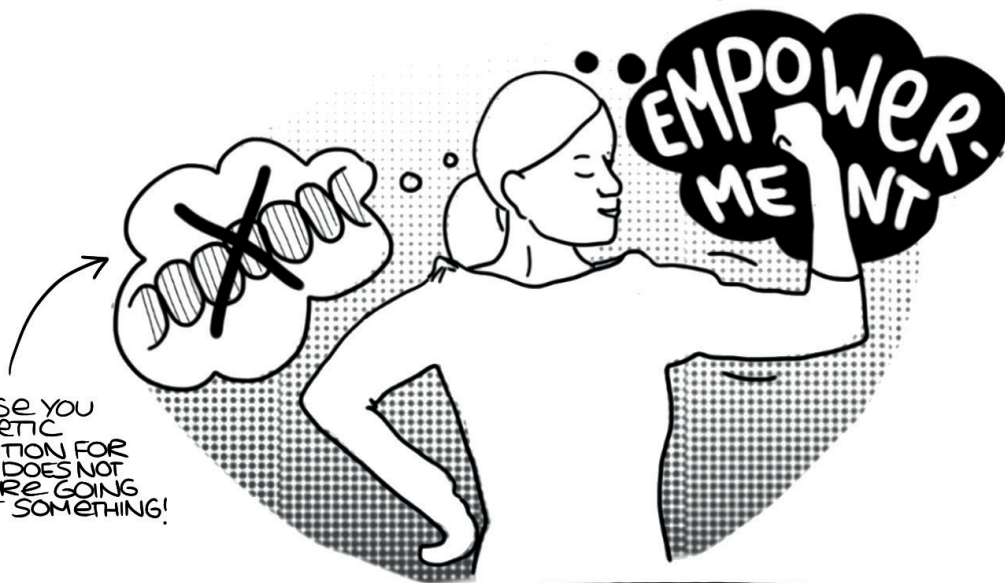


# GENES VS HABITS

## THE WORKSHEET



JUST BECAUSE YOU HAVE A GENETIC PREDISPOSITION FOR SOMETHING DOES NOT MEAN YOU'RE GOING TO GET THAT SOMETHING!

WHAT'S THE #1 HABIT YOU ARE WORKING ON?

WHAT ARE THE NEXT STEPS?