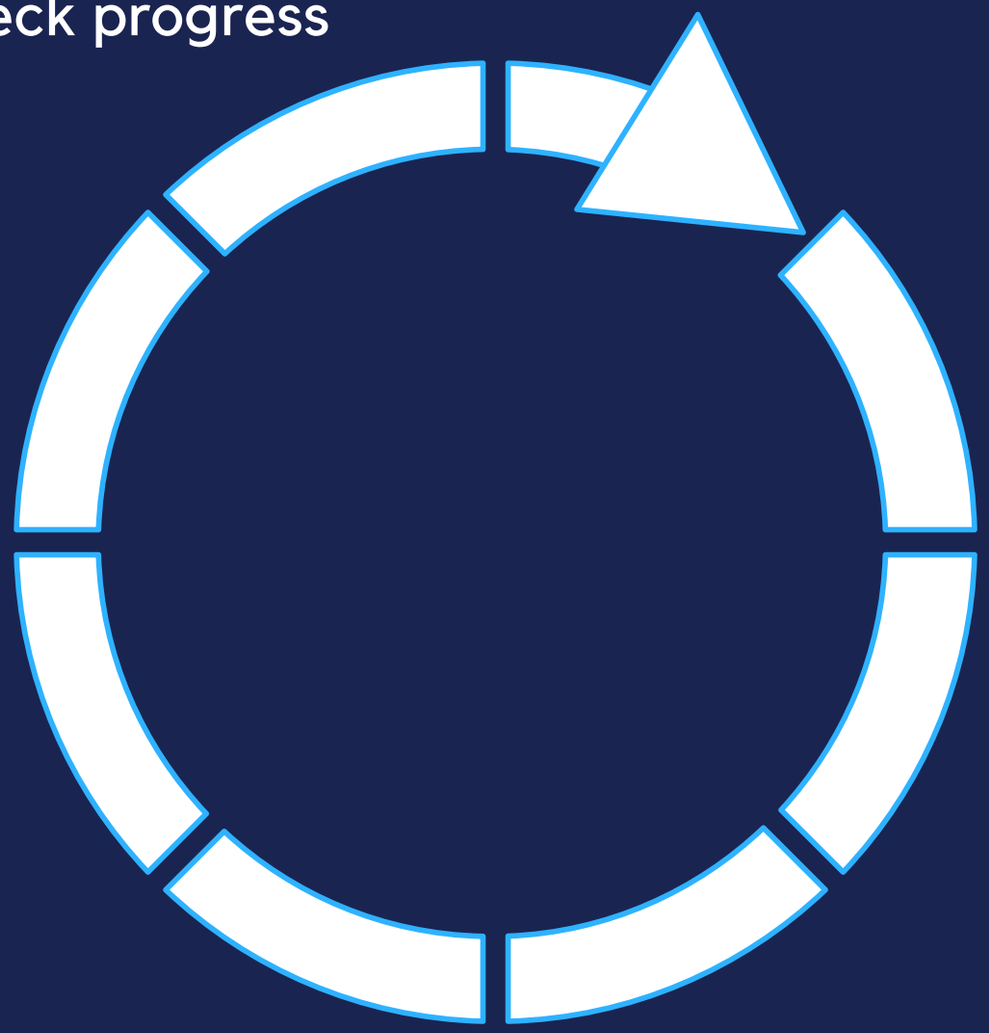
# 8-STEP HABIT CHANGING CYCLE



1. think through your daily activities

2. write down repeated behaviors (be specific)

3. identify low or little value activities

4. prioritize the list - not sure? ask someone for help

5. choose one item from the list and commit to eliminating it

6. tell a friend or colleague of your decision

7. put a date on the calendar to check progress

8. repeat every 21 days

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