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3 TAI	WHAT WILL MOTIVATE YOU FOR EACH HABIT?
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2	→
8	STRATEGIES TO DEAL WITH CHALLENGES OR OBSTACLES FOR EACH HABIT?
T P	→
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	HOW WILL YOU CONTINUE TO BUILD ON EACHHABIT IN THE FUTURE?
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WHAT POSITIVE TRIGGER OR ANCHOR HABIT WILL PROMPT

YOU TO DO EACH HABIT?