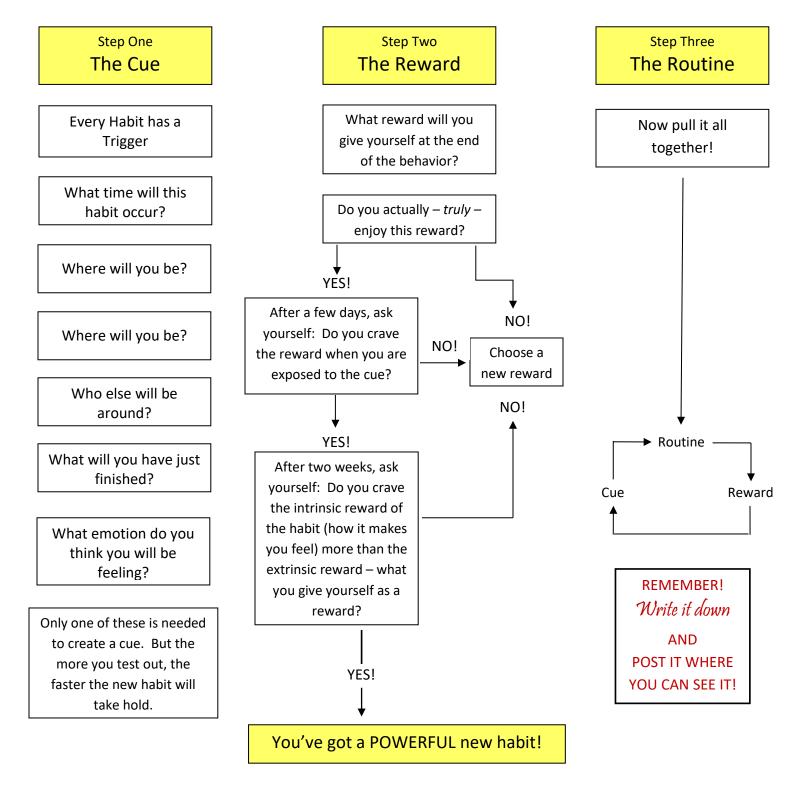
HOW TO CREATE A NEW HABIT

What habit/behavior do you want to create?



From Charles Duhigg's "The Power of Habit: Why We Do What We Do in Life and Business" David R. Chapman • WellSaidDave.com Website: www.wellsaiddave.com Phone: 908-938-1830 • Email: davechapman@wellsaiddave.com