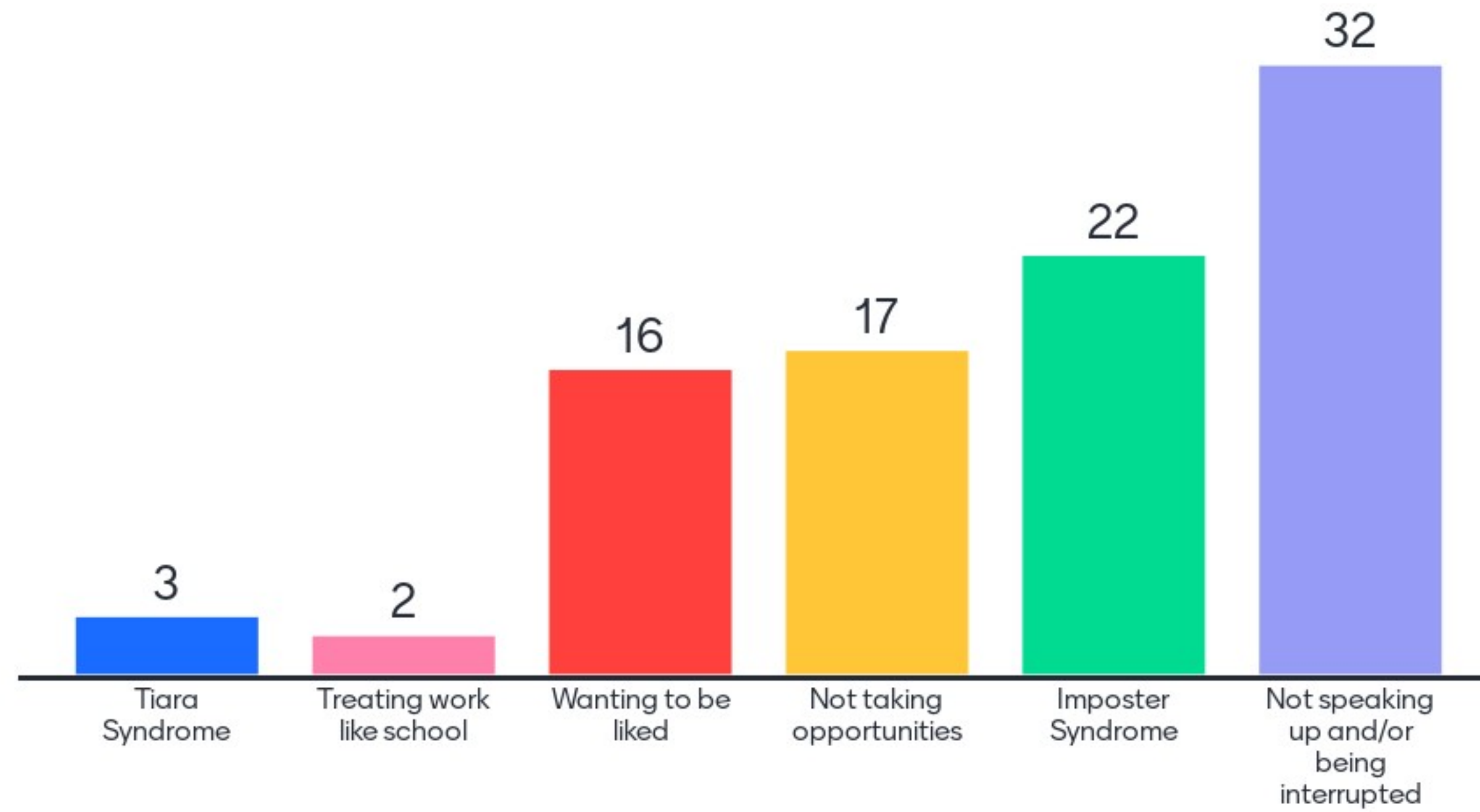


# Which of these habits most resonates with you?



# What might you do now that you're aware of this habit?

