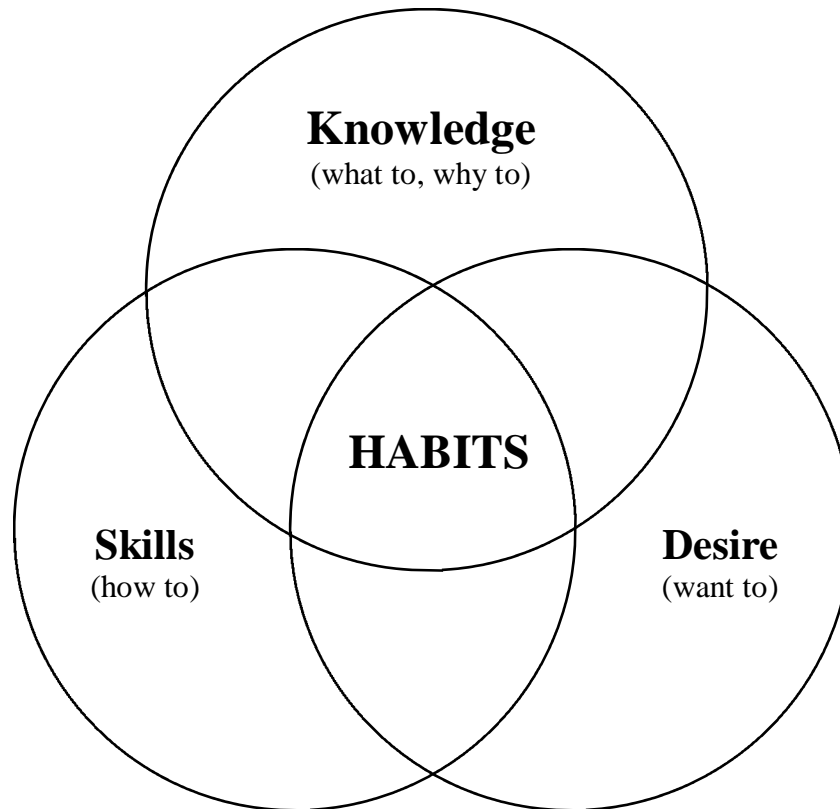


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## **HABIT IS THE INTERSECTION OF:**

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- \* Knowledge - What to Do
- \* Skills - How to Do
- \* Attitude - Want to Do



### **EFFECTIVE HABITS**

*Internalized principles and patterns of behavior*