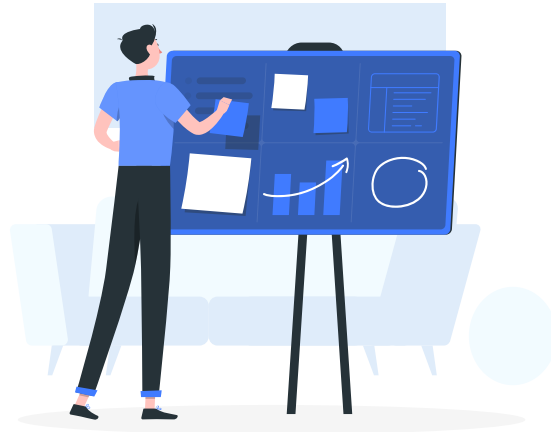


Being Consistent

Planning

- ✓ Start Small
- ✓ Plan For Failure
- ✓ Fix Cues
- ✓ Run It As An Experiment
- ✓ Be Imperfect
- ✓ Reward Yourself



Ecosystem

- ✓ Announce Your Goal
- ✓ Align Your Environment
- ✓ Get A Buddy
- ✓ Associate with Role Models
- ✓ Understand Benefits



Tracking

- ✓ Measure Progress
- ✓ Celebrate Every Small Win

