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# 30 Days

## Habit Builder

### Who?

Description of who this practice benefits.

### What?

Description of what journaling for habit building is.

### Where?

Description of where this practice is completed.

### When?

Explanation of when to journal.

### Why?

Explanation of benefits.

### How?

Explanation of how this benefits a user.

Content will potentially be resized and user will have to scroll to see entirety of it