## How to create good habits

What is the new habit I want to have?
What cues can I create for this new habit?
After which current habit should I stack the new one?
How can I automate the new habit?

# **Breaking bad habits**

What is the bad habit I want to remove?
What are the cues for that bad habit?
How can I remove those cues?
What are the benefits of avoiding that bad habit?
How can I make difficult to execute that bad habit?

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