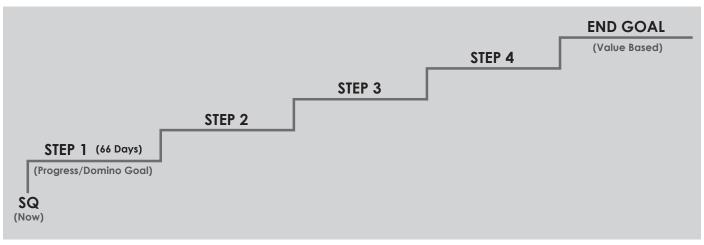
STAIRCASE-METHOD



NEW RITUALS/HABITS (80/20) ONE THING ONE THING REVIEW Week 4: Week 6: Week 8:	
OLD RITUALS/HABITS ONE THING REVIEW Week 2: Week 4: Week 6:	
REVIEW Week 2:	
REVIEW Week 2: Week 4: Week 6:	
Week 2:	
Week 4:	
Week 6:	
Week 8:	
Week 10:	