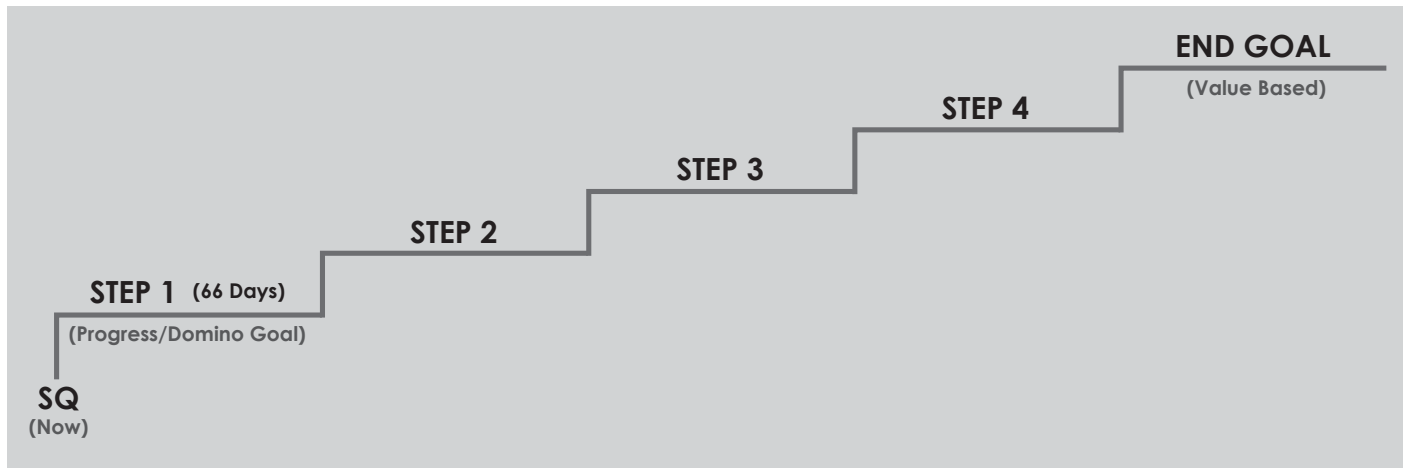


STAIRCASE-METHOD



1 NEW RITUALS/HABITS (80/20)



ONE THING

2 OLD RITUALS/HABITS



ONE THING

3 REVIEW

Week 2:

Week 4:

Week 6:

Week 8:

Week 10:
