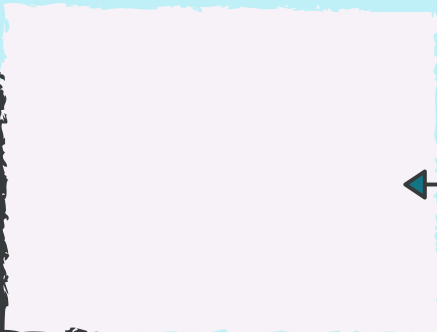


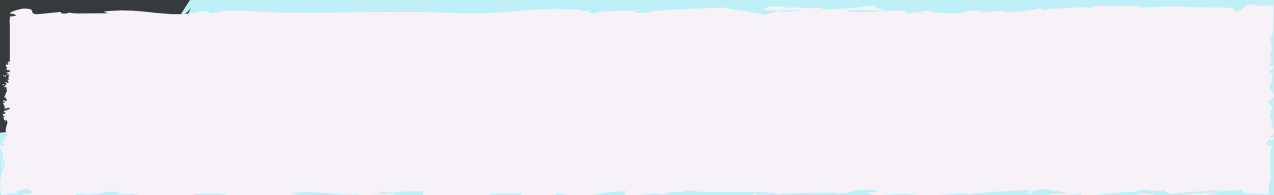
STACK YOUR HABITS

**BEFORE YOU
DO THIS**

**MAKE SURE
YOU DO THIS**



DAILY AFFIRMATION



*"A habit is a behavior that has been repeated enough to become automatic."
-James Clear-*