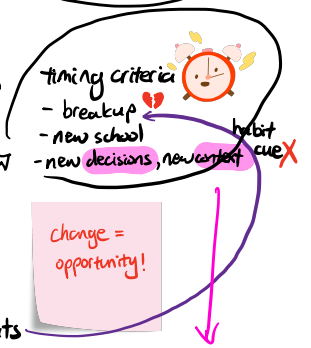
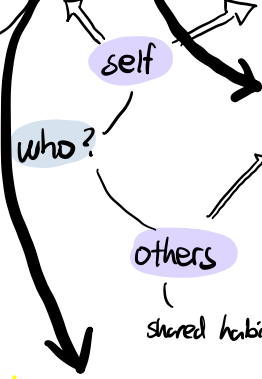


# HABITS



- similar context help maintain habits  
- environment matters  $\rightarrow$  ease of execution

