

GOOD HABITS, BAD HABITS:

A CONVERSATION WITH WENDY WOOD

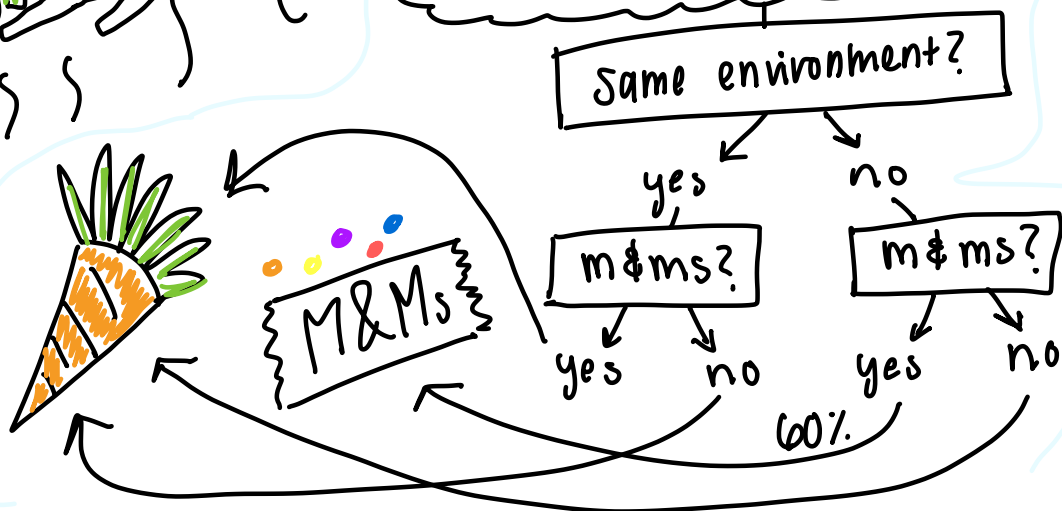


"see what sticks"

SELF-CONTROL

FAILURE

PRACTICE CHOOSING CARROTS



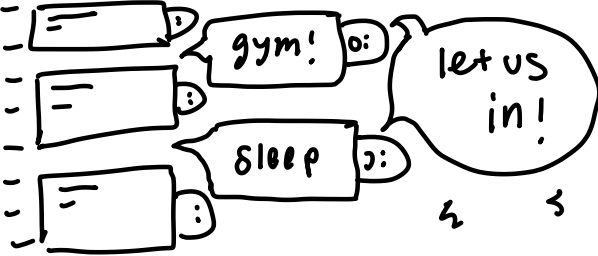
Inconsistency & Unpredictability



harder to start & maintain habits

!! zzz !! tzz !!

ex. kids
schedules



People help people keep habits :)

CHANGE

NEW
HABITS

COLORADO &
ALASKA



↑ EXERCISE

