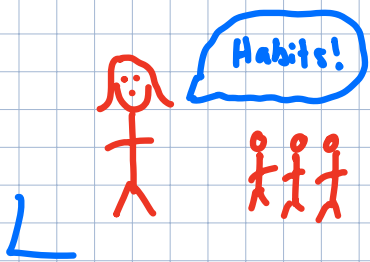


GOOD HABITS

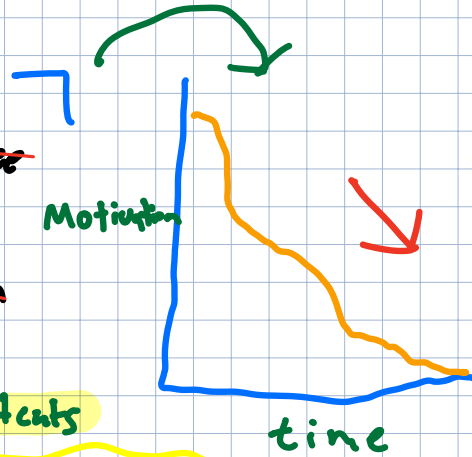
BAD HABITS

SKETCHNOTE!

WENDY WONG



~~Intelligence~~
~~Talent~~
~~Motivation~~



Why does this happen?

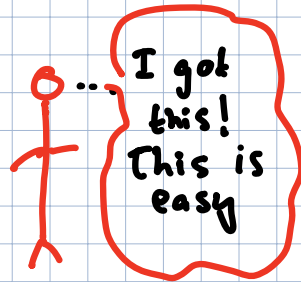
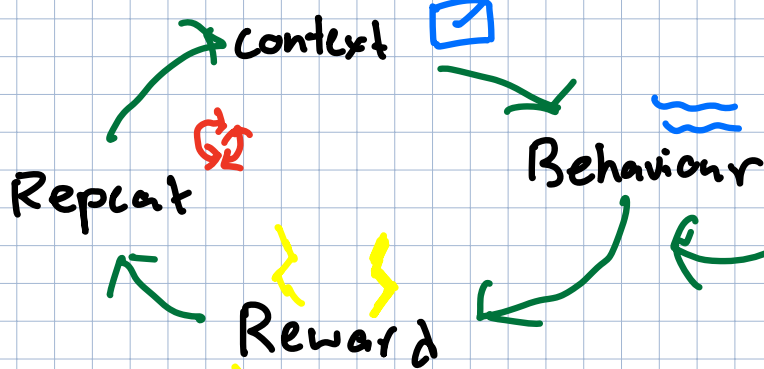
Habits = mental shortcuts

80% say they understand habits

43% of what we do is repeated

Habits $\neq$ Willpower

HABIT LOOP

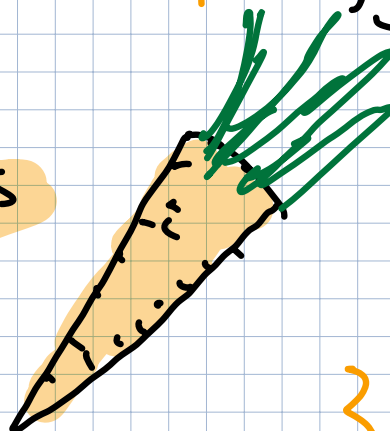


New Context = New Decisions

- Stop Trying harder
- Design better spaces



VS



60% carrot

