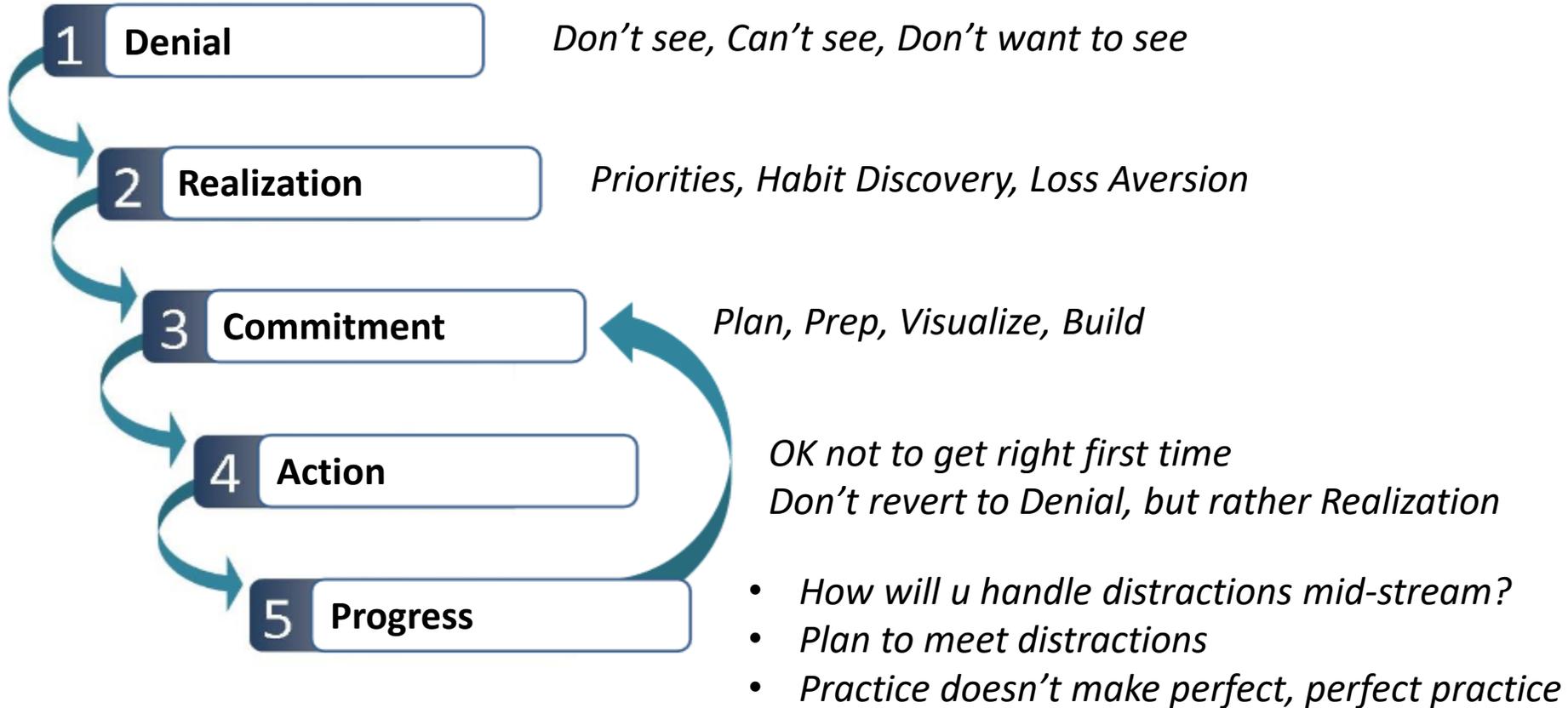


Five Stages of Habit Development



Beliefs
Thoughts
Words
Actions
Habits
Destiny