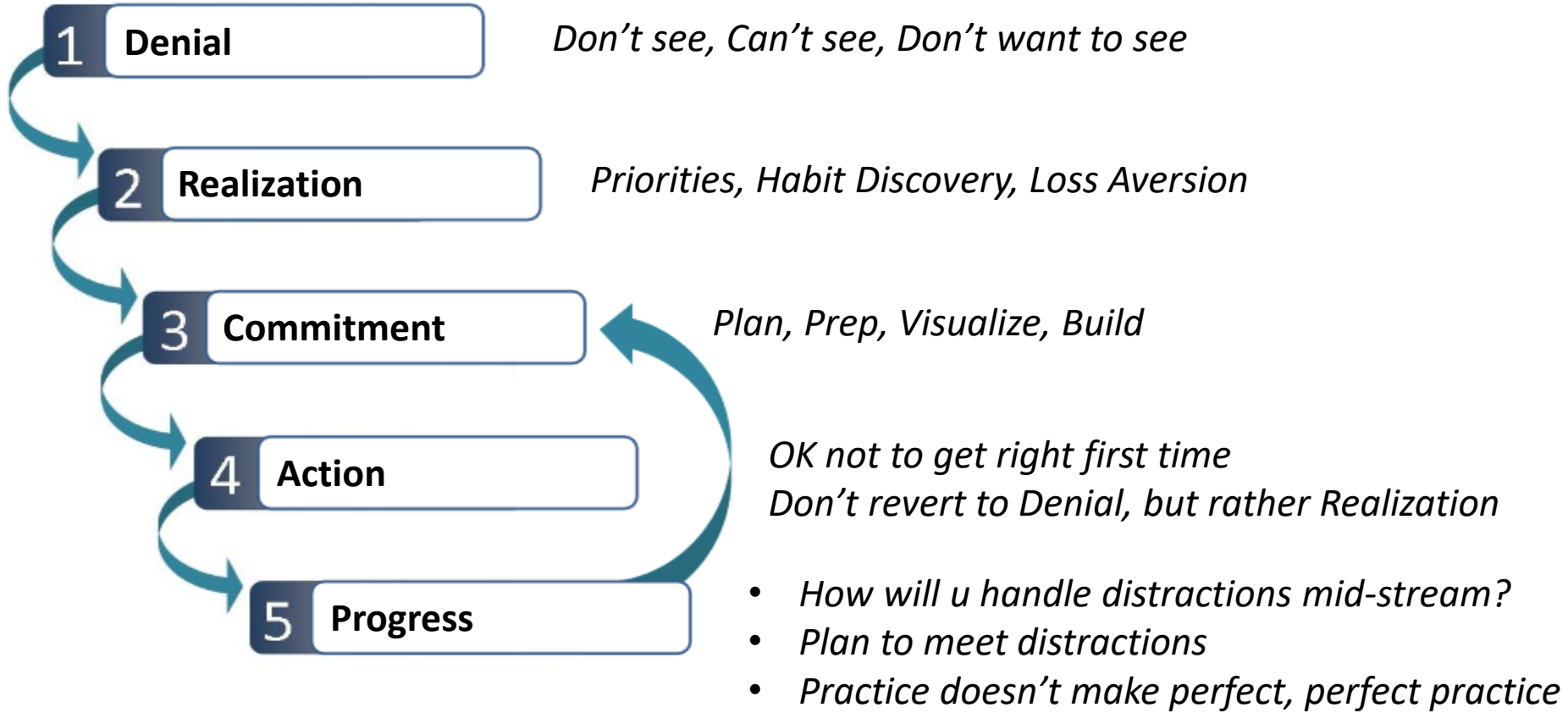


Five Stages of Habit Development



Beliefs  
Thoughts  
Words  
Actions  
Habits  
Destiny