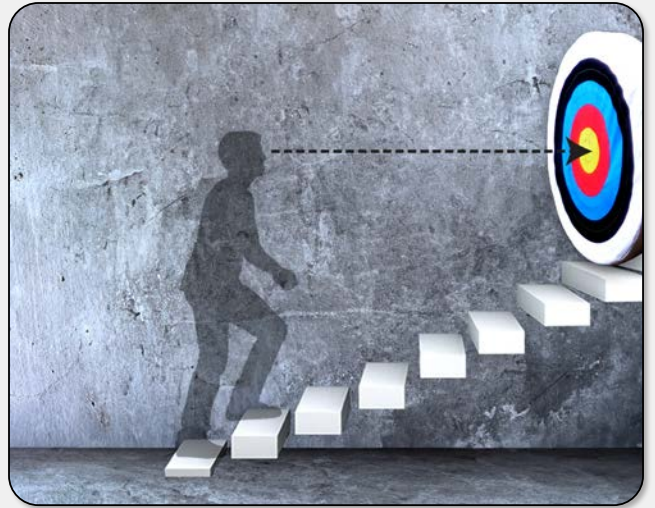


The Gordon 3-Step Habit PLAN:

1 Are you ready?

Know your **Why** &
Readiness To Change.



2 Repeat-Rewire

Daily Small Steps **PARs**:

- **P**rompts
- **A**ctions
- **R**ewards



3 Track & Transfer

“30 Day Challenge” &
Compounded New Habit
into your daily life.

