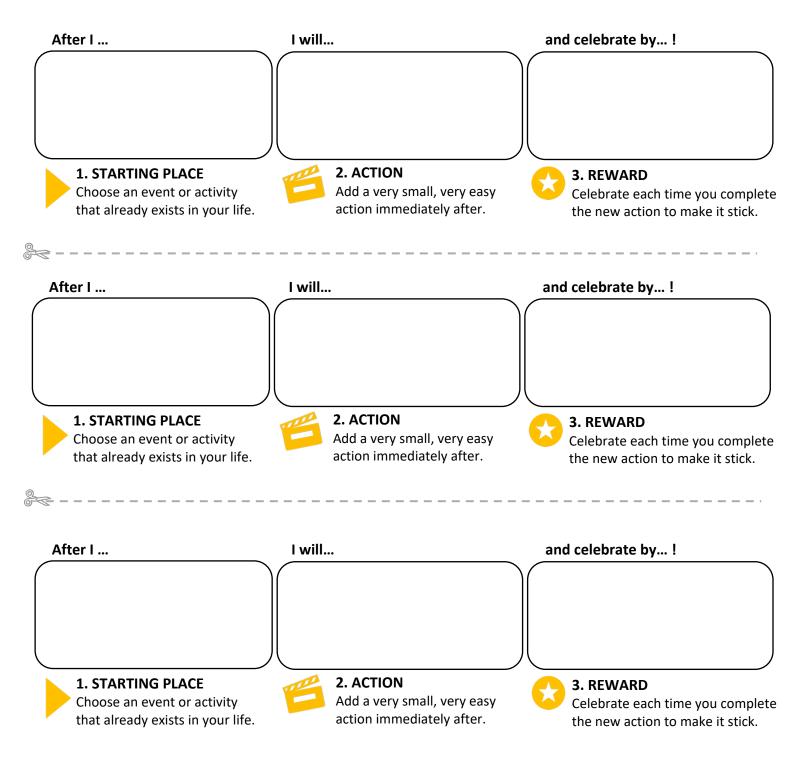


Psychiatry & Behavioral Sciences

Habit Cards

Print and fill out a set of Habit Cards below. These can be placed somewhere you will see them as a reminder of your new habits!



Inspired by the work of Dr. BJ Fogg. Learn more at: <u>https://tinyhabits.com/</u>