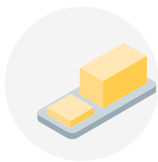


Better Behavior Habits with 2 Game-Changing Ingredients



🧠 Our brains are wired for efficiency, which often means defaulting to autopilot. To create lasting habits, we need to interrupt this cycle and introduce two game-changing elements: **intentionality** and **time**.

2 Ways To Create Lasting Behavior Habits



Choose Small Actions

Focus on one manageable habit at a time to build confidence and momentum.



Take 10 (seconds)

Encourage young people to pause before reacting, giving them control over their choices.



Intentionality (making deliberate choices to align your actions with your goals)



Time (the patience and persistence to let small changes build into meaningful habits)

You Got It!



Beau,
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