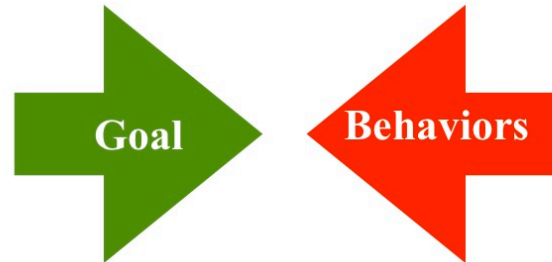


How to Approach to Change

New Years Eve Resolution Approach

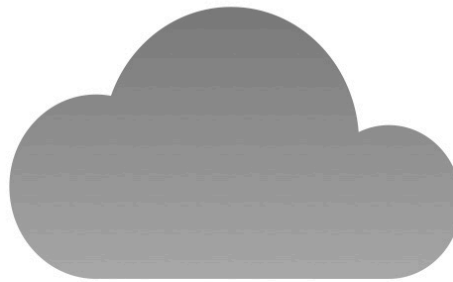
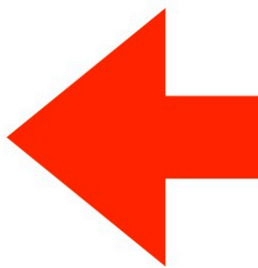
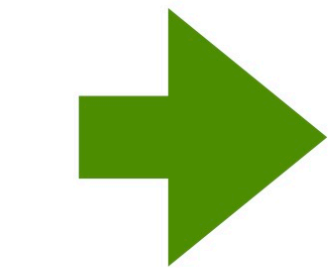
Intervention Here



Will Power

Immunity to Change Approach

Intervention Here



**Commitment
Improvement Goal**

**Doing &
Not Doing**

Hidden Commitments

Big Assumptions

- Implicates self
- Check it out with others
- Intuitive
- Stated affirmatively

Learning