

# Action Checklist

WEEK 4 OF 4

## Lesson 10

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Join a group where your desired behavior is the normal behavior.

## Lesson 11

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Revisit the habit shaping path from “very easy” to “very hard” that we talked about in Lesson 2. Once you’ve mastered the first two minutes of the smallest version of the behavior, then advance to an intermediate step and repeat the process.