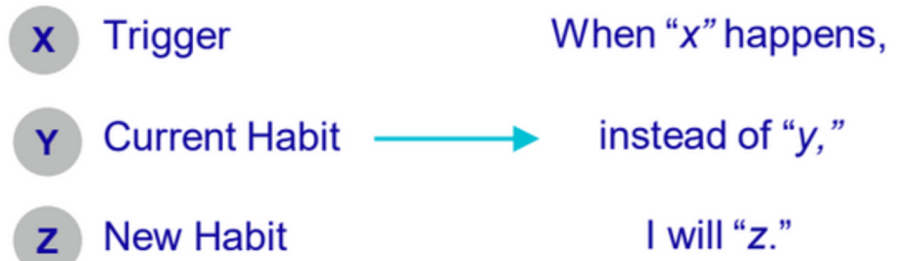




Actionable.

Results

- Identify a Behavior & Make a Commitment
- Add a Buddy
- Receive Coaching and Accountability
- Data for Reflection & Improvement



Description

Habit Builder is our tool that takes the awareness of Explore and Discovery and translates them into positive habits - one behavior at a time. The system does this by breaking them into manageable, daily actions.

- It starts by setting clear, specific goal.
- Triggers are used to prompt action.
- Qualitative and quantitative progress is tracked within the platform.
- Adjustments can be made when needed.
- Over time, repeated actions become automatic, making it easier to maintain the habit long-term.
- We focus on steady progress rather than perfection.