

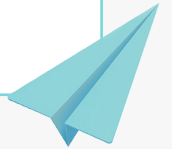
Micro-Habit Menu

Record your five-to-thrive. What are the five micro-habits you want to commit to that will better support your tech habits?

Micro-Habit 1



Micro-Habit 2



Micro-Habit 3



Micro-Habit 4



Micro-Habit 5

