## **IMPLEMENTATION INTENTION**

Remembering Starting

"I will read a book at 10:00PM in my room."

By adding detail, we don't need to think about when and where to do the habit each time, making it easier to regularly commit.

l will	 НАВІТ	at	TIME	in	LOCATION
l will	навіт	at	TIME	in	LOCATION
l will	 навіт	at	тіме	in	LOCATION
l will	 HABIT	at	TIME	in	LOCATION
l will	 HABIT	at	TIME	in	LOCATION
l will	 HABIT	at	TIME	in	LOCATION
l will	HABIT	at	TIME	in	LOCATION
l will	 HABIT	at	TIME	in	LOCATION
l will	HABIT	at	TIME	in	LOCATION
	LIADIT	at	TIME		LOCATION