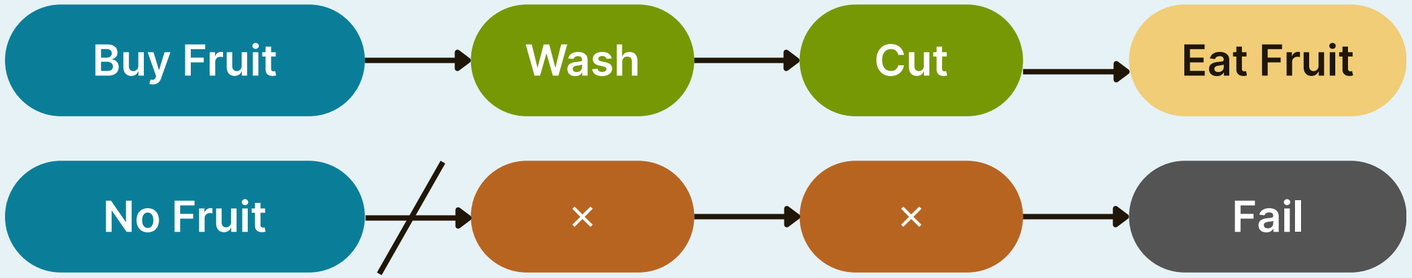
ENVIRONMENTAL CONTROL

Shape your environment so that it supports success at your goals.

Example: your goal is to eat more fruits and veggies



THINK “A chain is only as strong as its weakest link”

The River Flows