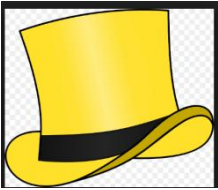
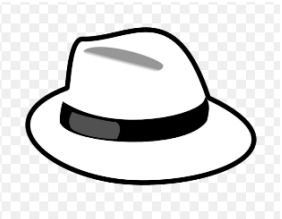



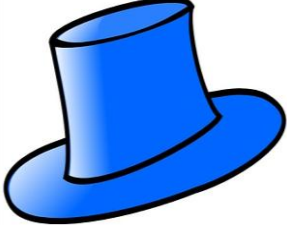


AFTER READING

Which good habit would you like to gain? (e.g: good study habits, eating on time and regularly, not smoking, doing sports, reading, etc.....)

	Why do you want to gain this habit? What are the advantages of this good habit for you?
	What facts did you learn from the text about learning a new habit?
	List of ways/methods for you to gain this habit
	How would you feel when you follow the suggestions that you give to yourself?
	What are the challenges/difficulties waiting for you?
	Where are you now? What is going to be your next step to gain this habit?