**Review and Integration assignment - Behavior change**

1. What is one change in your lifestyle you would like to make to improve your wellbeing and why do you want to make this change?
2. What associations of stable behavior can you make to this new change in behavior?
3. How can you increase the number of repetitions of this new behavior in your daily schedule?
4. How can you change your choice architecture around the new behavior? This would include lowering the barriers and increase the appeal of the new behavior?
5. How can you create a new identity around this new behavior?