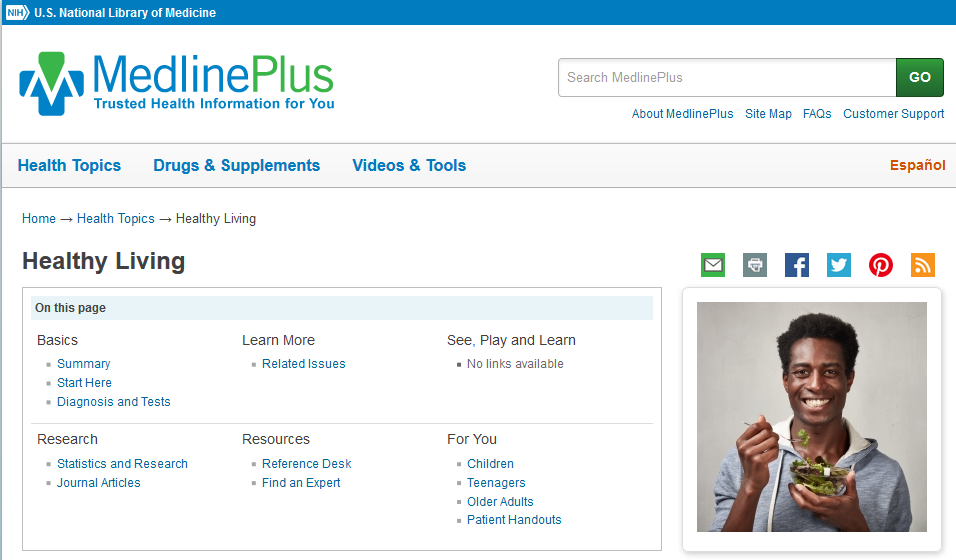
Hi everyone,

Thank you for participating in our sixth motivational interviewing Clinical Conversation about the preparation stage. During our session, I mentioned a document from NIH that discusses how to create healthy habits. This document is linked below if you are interested, along with its’ topic page location in MedlinePlus. Please look these over if you have time!

Take care,

[](https://medlineplus.gov/healthyliving.html)

[](https://newsinhealth.nih.gov/2018/03/creating-healthy-habits)