Exercise 6 - Habits Are Powerful

**What Are Your Habits ?**

Think about the habits you have. Don’t judge whether they’re good or bad habits—that’s not the point right now. Merely describe below the habits you have in doing your schoolwork, relating to friends, deciding what to wear or eat, what music to listen to, or in any other area of your life.

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Now, are there any habits you want to change? Again, don’t judge them or put yourself down. Just list below the habits you’d like to try to change.

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**Starting New Habits**

Reflect on changes you’d like to make in your life. But forget about changing old habits. Instead, what new habit or habits can you start in each area of your life?

New habits I can start for myself:

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New habits I can start with my friends:

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New habits I can start for my health (physical, mental, and spiritual):

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New habits I can start for my wealth:

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New habits I can start for my education and career:

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New habits I can start for my impact on the world (my accomplishments or how I will be remembered):

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Which new habit would you like to start first? Can you start it today?