



## Building Character with Strong Daily Habits

Journal this experience and find strengths to creating strong habits.

1. What was your beginning belief into what a character is of a person? Has that changed after talking about it?
2. What character traits do you have right now? Best describing how you see yourself?
3. Are you in balance or out of balance?
4. Thinking of Resisting Happiness complete this statement: "When I achieve \_\_\_\_\_, then I'll be happy".
5. What needs to change in your environment to set yourself up for success?
6. Thinking of daily habits infinite 8 areas of life:
  - a. What are your habits now?
  - b. What are your results now?
  - c. What daily habits need to change to get outcome?
7. Thinking about your nutrition and movement in life:
  - a. What are your habits now?
  - b. What are your results now?
  - c. What daily habits need to change to get outcome?



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8. Thinking about your money responsibilities on saving and spending:
  - a. What are your habits now?
  
  - b. What are your results now?
  
  - c. What daily habits need to change to get outcome?
  
9. Thinking about your career or business:
  - a. What are your habits now?
  
  - b. What are your results now?
  
  - c. What daily habits need to change to get outcome?
  
10. Thinking about your places and spaces:
  - a. What are your habits now?
  
  - b. What are your results now?
  
  - c. What daily habits need to change to get outcome?
  
11. Thinking about the relationship and love area including partner, family, and friends:
  - a. What are your habits now?
  
  - b. What are your results now?
  
  - c. What daily habits need to change to get outcome?



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12. Think of your spirituality and the connection to your mindset.

- a. What are your habits now?
  
  
  
- b. What are your results now?
  
  
  
- c. What daily habits need to change to get outcome?

13. What's your contribution to helping others?

- a. What are your habits now?
  
  
  
- b. What are your results now?
  
  
  
- c. What habits need to change to get outcome?

14. Choose 1-3 habits to begin implementing:

- a. Daily: \_\_\_\_\_
  
  
  
- b. Weekly: \_\_\_\_\_
  
  
  
- c. Monthly: \_\_\_\_\_