



# Grow With Habits

## Habits Can Empower Growth

Habits are the small choices we make every day that can have a huge impact on our lives. Habits can help us form healthy routines and make it easier to reach our goals. They can also help us make positive changes in our lives and create lasting positive impacts. Habits are formed through repeated actions, so it is important to make sure we are consciously choosing the habits we want to form. With commitment and dedication, we can make real changes in our lives through the power of habit.

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## Four Tips to Help You add New Habits to Your Day

- Tie the new Habit to an anchor spot in your day
  - Just add one habit at a time not a string of habits
  - Give your habit a name
  - Make a habit tracker on your calendar or a place that you will see every day. Like even you bathroom mirror or kitchen window.
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## Complete Your First Habit Check List

Name of Habit:

Habit Anchor:

Describe Your Habit:

Where Is Your Habit Tracker:

How is this habit going to help me grow everyday?

When I fail I am going to do what to get back on track?

When I succeed what is My reward going to be?