

**GOOD
HABITS!**



● *Why do we need good habits?*

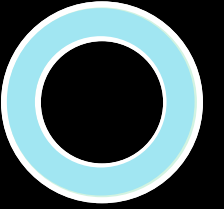
- Habits make up who you are and define you
- Habits can help you reach your goals
- Habits are powerful because of neurological cravings
- When we perform our habits our brain partly stops thinking about decision making





***What are
some
good
habits?***

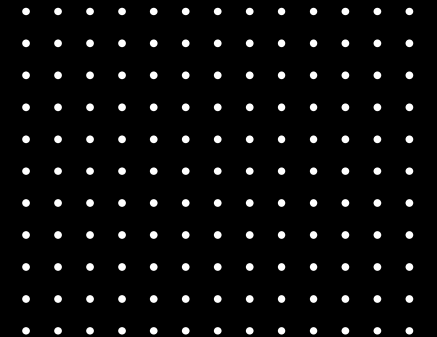
- Exercising
- Eating healthy
- Studying/ keeping up good grades
- Being kind to everyone [including your parents (◡‿◡)]
- Time management
- Helping other people

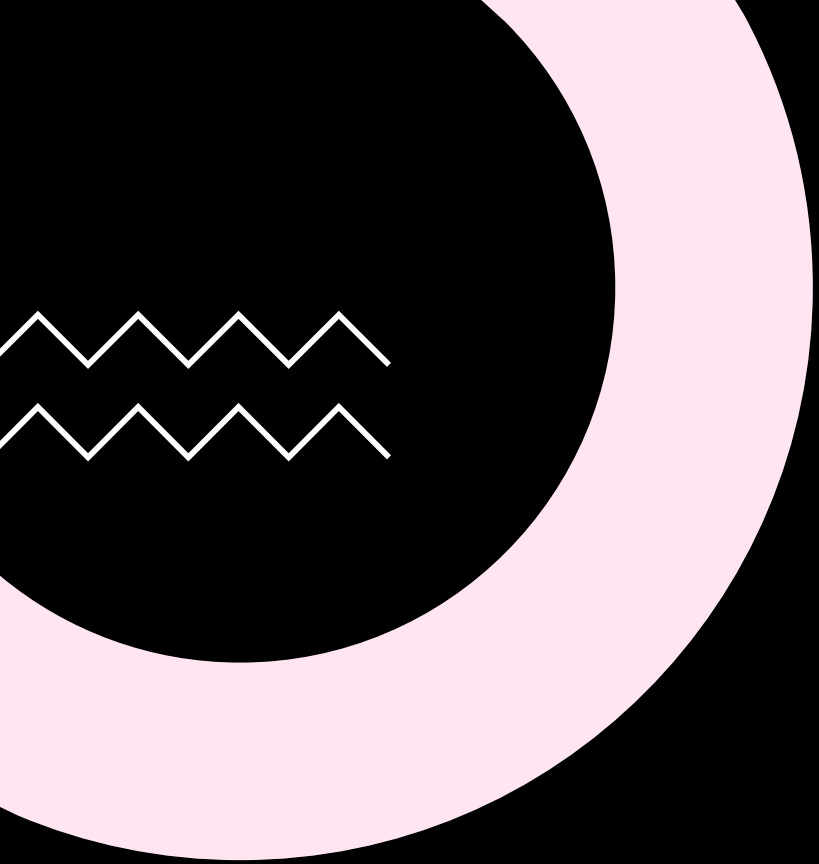


- Create goals for yourself
- Don't try to eliminate bad habits, instead, replace them with good ones.
- Plan for failure
- Reward yourself for doing a good job
- Try doing good habits as a group

***How can we
break bad
habits and
create good
ones?***

<https://www.youtube.com/watch?v=Xtp0CMb3afQ>





Probably the best habit of them all is being always truthful. Honesty isn't just about ourselves, but it also plays a part of psychological understanding and relationships. Honesty sharpens our perception and allows us to observe everything around us with clarity.

<https://www.youtube.com/watch?v=-jh9WPM14lA>

HONESTY

