

Building Good Habits, part 1

ATOMIC HABITS

HABITS ARE RELIABLE _____ TO RECURRING _____ IN OUR _____.

Romans 12:1-2 (NLT) *And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. 2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

A good habit is _____ in moving us towards who we want to be.
A bad habit is _____ in moving us away from who we want to be.

Habits do not restrict _____, they create it.

Building habits in the _____ allows you to do more of what you want in the _____.

How do habits form?

_____ —> _____ —> _____ —> _____

- Cues and cravings are _____.
- What we _____ is not the habit itself, it's the _____ in state it provides.
- If a response is too _____, you won't do it.
- Rewards are the _____ of every part of every habit.
Rewards _____ us and _____ us.

How do you build a _____ Habit?

1. Make it _____

YOUR _____ DETERMINE WHAT YOU DO.

A small shift in what you _____ can lead to a big shift in what you _____.

“How do you _____ to _____ the habit?”

I will [_____] at [_____] in [_____].

Make Your _____ Part of the Cue