

HABITS FOR SUCCESS



GREETING: Mingle! Just walk around and chat with others around you!

INTRODUCTION: Habits are activities you do on a regular basis. Developing positive habits can help you make better choices and do your best.

DISCUSSION QUESTIONS

- What are some habits that can help you stay organized?
- What are some habits that can help you to get your work done well?
- When something is a habit, it makes the task easier to do. Why do you think that is?
- How can you build positive habits?
- How can you change negative habits?

Activity #1

You already have many habits! Going around the group, name one positive habit (like brushing your teeth). Let's see if you can make it all the way around.

Activity #2

Let's problem-solve! After each activity, name a habit that could help with the task:

- Doing your homework
- Being on time to class or school
- Studying for tests

Activity #3

Assess your habits! Make a list of your most positive habits. Then, think of at least two habits you could improve or add to help you be successful.

CLOSING: Habits make a difference in the long run. What is one habit you will make an effort to improve this week? How will it help you in the future?

FINAL THOUGHTS: Share any final thoughts, questions, concerns, or needs.