

DISCUSSION GUIDE:

1. What small good habits do you need to continue to see the benefit? What small bad habits should you stop before they become big bad habits?

2. Answer the question, *“Who do you want to become as a leader?”* by creating three leadership “I am” statements

1. I am...

2. I am...

3. I am...

For the next episode:

We’re going to answer the question, “Based on who you want to become, what one habit do you need to start?”