

DISCUSSION GUIDE:

Here are exercises you can do to grow

1. Think about your one habit you want to start this year. Is it small enough? If not, is there a way you can make it smaller?

2. What is one way you can make your one habit more obvious?

3. Look at the blanks you filled in for point three. What could hinder you from following through on that statement? What can you do to make sure that doesn't happen?

In the next episode:

In part three, we'll learn about stopping the bad habits that stop your impact.