

**DISCUSSION GUIDE:**

Here are exercises you can do to grow

- 1. Based on who you want to become, what one habit do you need to break?

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- 2. Do you have any “used-to stories?”  
If not, what is the first “used-to story” you want to be able to tell?

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- 3. When you look at the trajectory of your current habits, what areas are you most nervous about?  
What could you do to change your trajectory in those areas?

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