



HABITS OF WINNERS

In repetition we instil habits

Discipline:

What new habit do you want to learn?

Why?

How?

What?

Prayer & Devotion

Do you have a study plan for your spiritual growth?

Why is spiritual growth necessary?

What are the benefits of reading the scriptures and prayer?

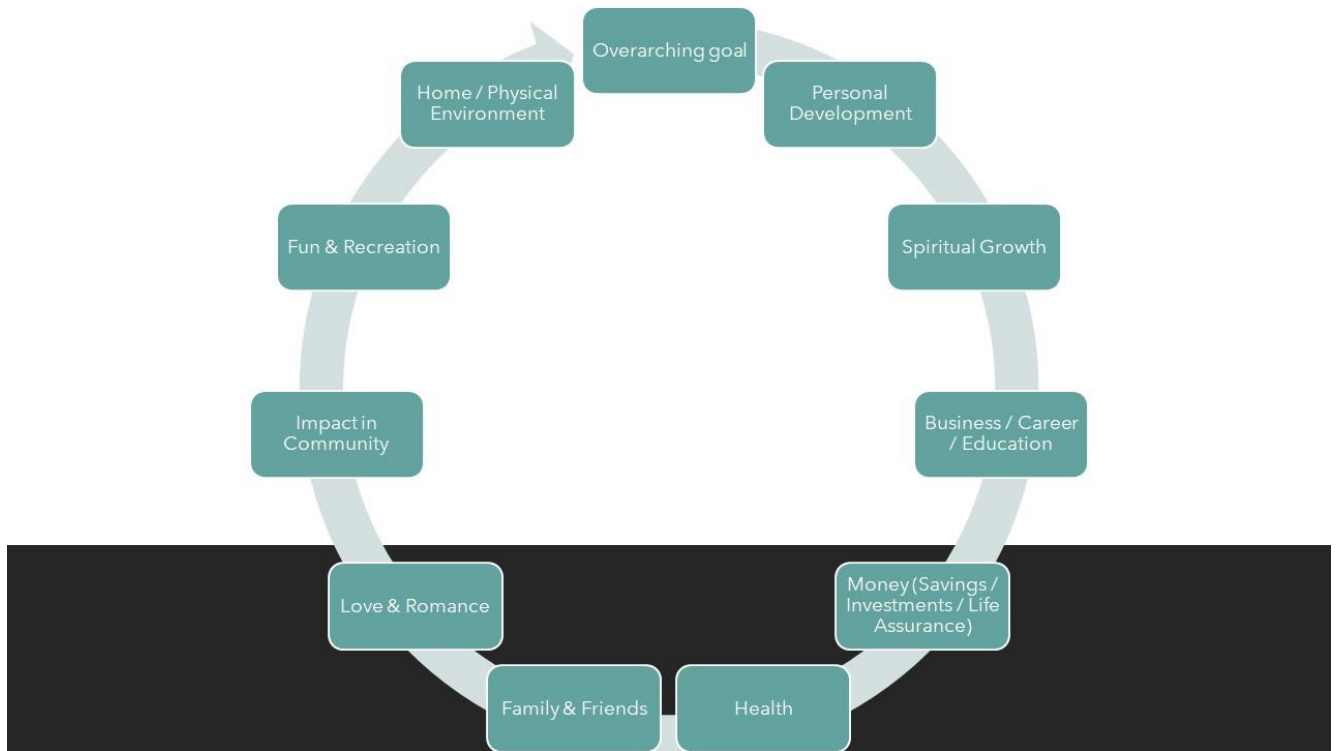
Goals

Antoine de Saint-Exupéry said – “A goal without a plan is a wish”

In the goal wheel below, list your goals and one habit that will make the goal your reality. A SMART goal is used to help guide goal setting. SMART is an acronym that stands for:

- S – Specific
- M – Measurable
- A – Achievable
- R – Realistic
- T – Timely

Therefore, a SMART goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving your goal.



Goal List:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

Journaling:

What are the benefits of journaling?

Recalibration:

Why is recalibration important?
