

## Exercise – Life Habits 2

*Which of the following habits would you like to have?*

- Tell the truth (and be honest with yourself)
- Think the best of people; think positive in general
- Manage your time; do one important thing every day
- Tell your family you love them
- Pray every day
- Manage money wisely; save, have an emergency fund
- Say something nice to someone every day
- Take care of yourself, exercise and eat well
- Say “thank you”, practice gratitude
- Complete homework or projects early
- Wake up early
- Avoid excuses
- Forgive those who have hurt you
- Visualize the day ahead; write a “to do” list
- Check the news headlines; see what’s going on in the world
- Take time to look good
- Smile
- Enjoy family time, e.g. eat a meal as a family
- Take time for yourself; do something to make you a better person
- Have good study habits
- Respect the environment
- Treat yourself and your friends with respect
- Learn something new everyday

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