RIPPLE EFFECT
Martial Arts

HABITS

In your own words, what is a habit?

_____

Habits can have a positive impact on your life. For example, regularly getting 8-10 hours of sleep is healthy and will give you the energy to fulfill your day. But staying up too late on a regular basis can be unhealthy and will affect your daily routine. Both of these are habits. It's important to chose healthy habits.

What is a healthy habit you already do each day?

_____

What is a habit you would like to develop?

_____

We can turn anything into a habit by adding it to our routine and sticking with it for least a month. Let's look at your daily routines. List what you do in the morning, afternoon/evening and at bedtime. Add one new habit in the appropriate list that you want to include in your daily routine. Put a ⭐ next to your new habit.

MORNING	AFTERNOON/EVENING	BED TIME
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

NOW COMMIT! I,_____ , will stick with these routines for the next 30 days. I've got this.

FAMILY DISCUSSION

Families need good routines and habits to work together! What is a habit you'd like to develop as a family? (Example: Eat breakfast together, read together before bed, laying out school clothes the night before, etc.)

_____

_____

How will you hold each other accountable when adding this new habit into your daily routine?

_____