

DO – Small Daily Actions

Our life is the sum total of all the small decisions that we make.

Remember: Be+Do=Becoming. Before you choose your small daily actions, be mindful of who you are and who you would like to become. Decide the type of person you want to be by asking yourself these questions:

- Who is the type of person who can achieve the outcomes that I want?
- Who do I want to be?
- What values do I want to stand for?
- What principles are important to me?

In the Bible, read Daniel 6:3-4. What type of person was Daniel? What was his identity/character?

Who is the type of person you want to become? Fill in the blank.

I'm the type of person who: (your desired identity) _____
_____.

In the Bible, read Daniel 6:10. Which habit/system did Daniel turn to? Which system do you think you would've turned to?

What is one habit that casts a small vote for becoming the type of person you desire to be? Fill in the blank. The habit I'll be focusing on is: (habit that reinforces your desired identity) _____
_____.

Helpful Tools to Sustain Your Habits from *Atomic Habits* by James Clear

Implementation Intention - An implementation intention is a plan you make beforehand about when and where to act. That is, how you intend to implement your habit. Use the formula below to create your own implementation intention.

I will (behavior) _____ at (time) _____ in (location) _____.

Two-minute Rule - The Two-Minute Rule states, "When you start a new habit, it should take less than two minutes to do." The idea is to make your habits as easy as possible to start. The Two-Minute Rule helps counterbalance our tendency to bite off more than we can chew.

Temptation Bundling - Temptation bundling works by linking an action you want to do with an action you need do. You're more likely to find a behavior attractive if you get to do one of your favorite things at the same time.

I will only (habit I want to do) _____ when I (habit I need to do) _____.

Never Break the Chain – Track your new habit and see how many days in a row you can accomplish your habit...never breaking the chain. If you do break the chain, begin again and see if you can create a longer chain of success.

Habits are not a finish line to be crossed, they're a lifestyle to be lived. Successful people do consistently what other people do occasionally.