

My Habit Clean up!

Let's imagine that our habits are like clothes hanging in our closet.

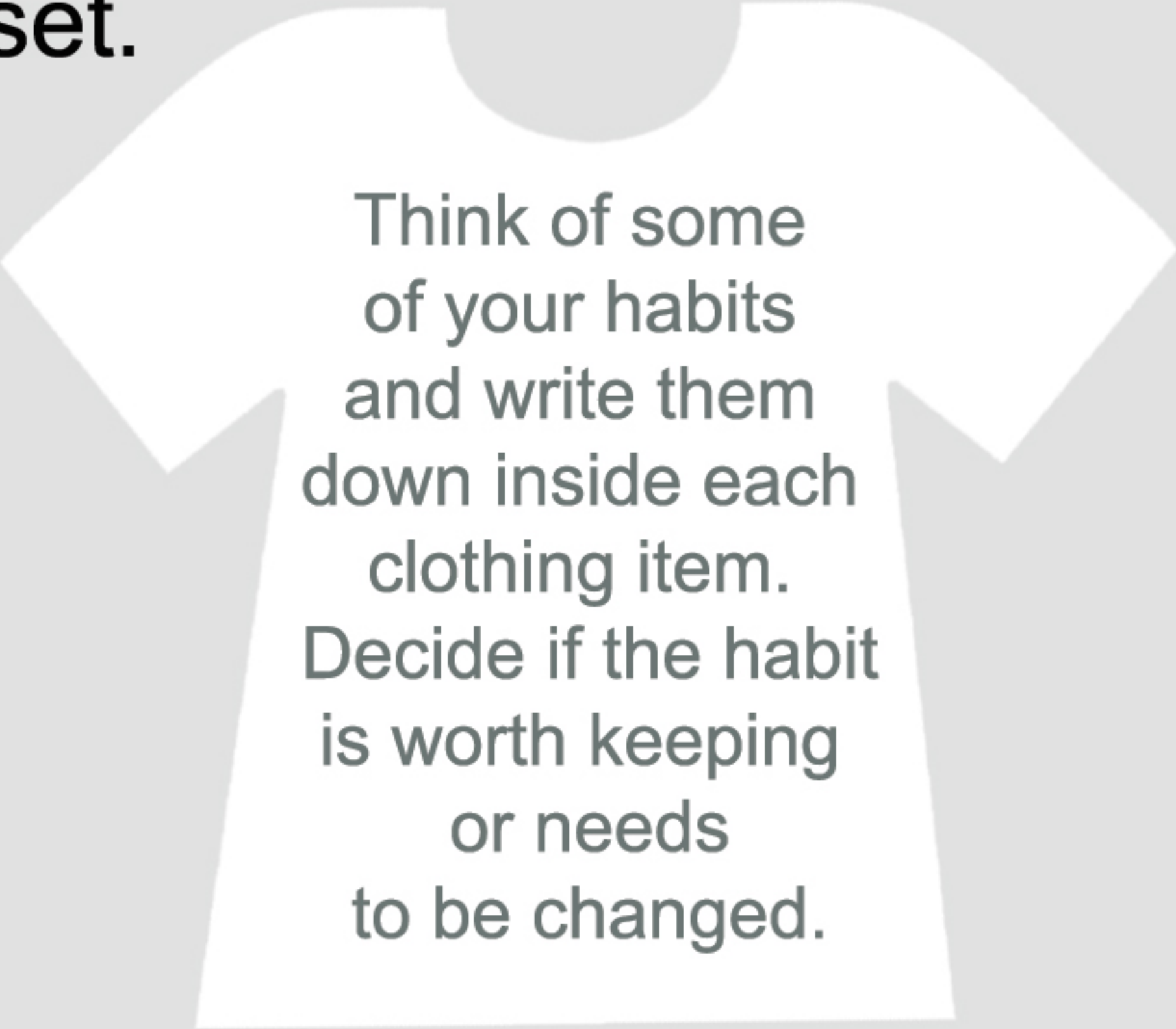
We've grown and changed, but have our habits changed with us?

Let's ask ourselves a few questions...

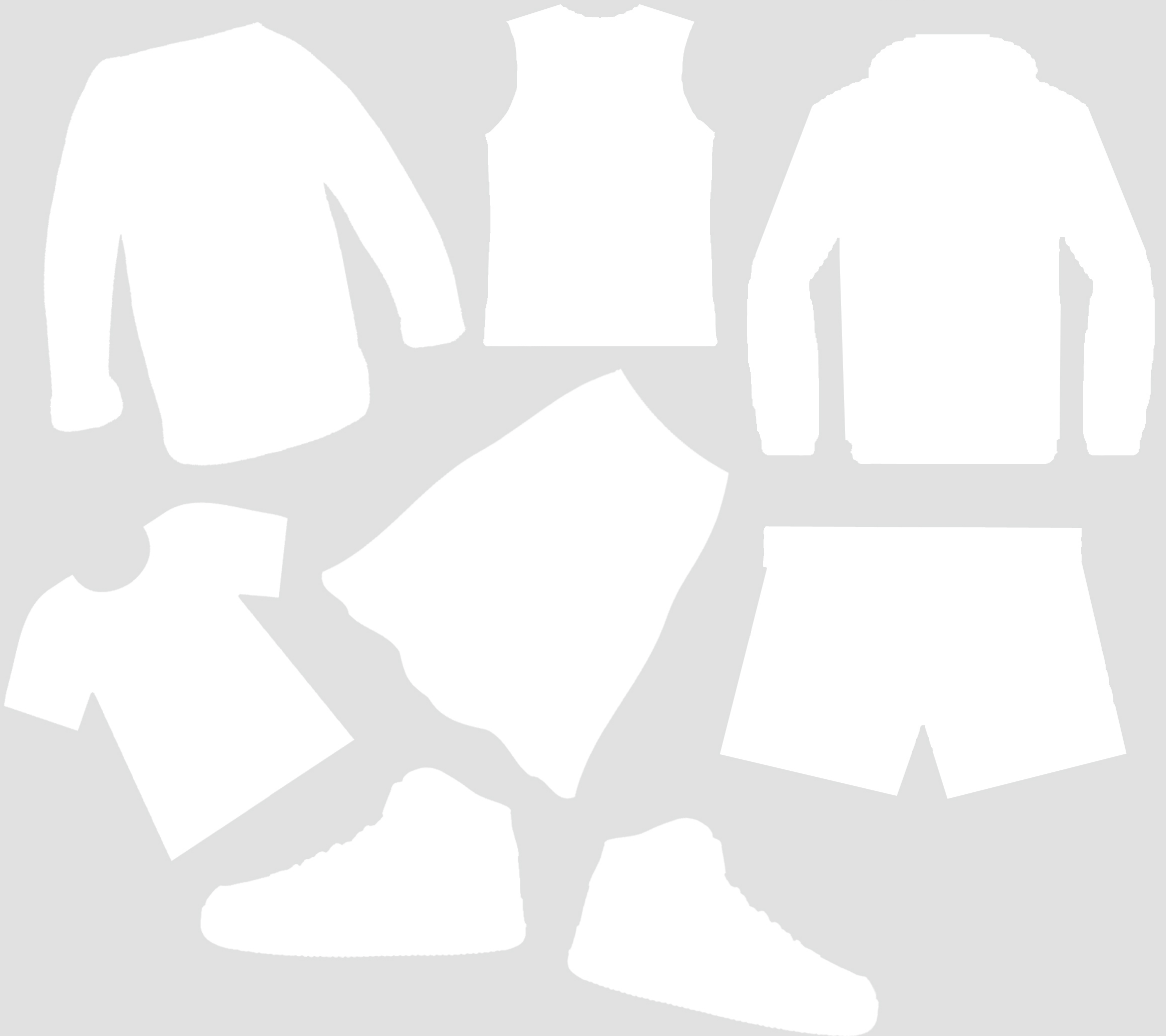
Does this habit still fit me?

Does it nourish my heart, soul, mind, and body?

Is this habit helping me become the version of me I wish to be?



Think of some of your habits and write them down inside each clothing item. Decide if the habit is worth keeping or needs to be changed.



One way to get rid of a habit that no longer serves you is to replace it with one that will serve you better.