

Exercise: Your Habits

Most of us stick to familiar routines. Usually, we follow the same path to the store, put our clothes on in a specific sequence, and go about our day-to-day tasks in a consistent manner. If you really pay attention, you may notice that you clasp your hands putting one thumb on top, you walk up the stairs starting with the same foot, you fold your towel in the same way. These routines form the patterns or habits that shape your life. You get used to doing the same things the same way. Just like you get used to thinking the same thoughts thereby getting the same results. Can you think of routines or patterns that you currently have in your life? Changing these up can also help us to change our thoughts. To step out of your patterned behavior.

Name at least five routines or patterns that you currently have in your life.

1)

2)

3)

4)

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