

# CREATING HABITS THAT STICK

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Determined to start healthy habits and better routines, you start the process only to find out your best intentions slowly fizzle away. According to James Clear, author of Atomic Habits, 92% of new years resolutions fail or stop within 3 weeks. What happened? Why do so many habits fail?

Discover 4 secrets to starting habits that stick and tips on breaking already established bad habits!

“I can predict the long-term outcome of your success  
if you show me your daily habits.”  
~John Maxwell~

## ► 4 Secrets to Starting Habits that Stick

1. Make it \_\_\_\_\_.

*“When nothing seems to help, I go and look at a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that last blow that did it - but all that had gone before.”*

~Jacob Riis~

2. Make it \_\_\_\_\_.

3. Make it \_\_\_\_\_.

To put this into practice, fill in this statement: After I

\_\_\_\_\_, I will do \_\_\_\_\_.

4. Rethink \_\_\_\_\_.

**► How to Break a Bad Habit:**

1. Make it \_\_\_\_\_.

2. Make it \_\_\_\_\_.

3. Make It \_\_\_\_\_.

4. Make it \_\_\_\_\_.

**► Discussion Questions**

1. Think about the one habit you want to start this year. Is it small enough? If not, is there a way you can make it smaller?
2. What is one way you can make your one habit more obvious?
3. Look at the blanks you filled in for point three. (After I\_\_\_, I will\_\_\_\_) What could hinder you from following through on that statement? What can you do to make sure that doesn't happen?

► **Resources and References**

1. Church Series: Mindcraft
2. Book: Mindcraft by Kelly Stickel
3. Book: Atomic Habits by James Clear