

# WHERE HABITS FAIL

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Habits are mental shortcuts learned from \_\_\_\_\_.

Habit formation is incredibly useful because the conscious mind is the \_\_\_\_\_ of the brain.

This is why it is so important to do what Solomon says in Proverbs 4:23

*“Above all else, guard your heart, for everything you do flows from it.”*

~King Solomon~

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

~John Maxwell~

Your habits matter more than you can imagine.

*“The potential of your leadership is a direct reflection of the quality of your habits.”*

~Craig Groeschel~

You are what you \_\_\_\_\_ do.

Don't chase \_\_\_\_\_.

*"If you don't fall in love with the process you'll never be a leader."*

~Michael Todd

*"Successful people do consistently what other people do occasionally."*

~Craig Groeschel~

### ► 3 REASONS HABITS FAIL

Here are three reasons you might not successfully act on those good intentions, and how you can lead from high hopes to healthy habits.

1. We focus on the \_\_\_\_\_ but don't understand the \_\_\_\_\_.  
*"Goals don't determine success. Systems determine success." ~James Clear~*

2. We don't see \_\_\_\_\_ fast enough.  
It's the things no one sees that bring the results everyone wants.

3. Our negative \_\_\_\_\_ sabotages our success.

4.  
**Identity shapes actions.** So, instead of setting goals that focus on "what" you want to do this year, set them around "who" you want to become. When you know who you want to become, it's easy to know what habit you need to start.

*"You don't have to be great to start, but you do need to start to be great."*

~Zig Ziglar~

► **Discussion Questions**

1. Which habits do you need to eliminate or adjust?
2. Which habits do you need to start?

► **Resources and References**

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