

Habits: A Self-Examination

Name _____

Define "habit"

Sow a thought, and you reap an act;	
Sow an act, and you reap a habit;	
Sow a habit, and you reap a character;	
Sow a character, and you reap a destiny. ¹	

"Sow" means to plant. "Reap" means to harvest.

Four of my really great habits are

1 _____

2 _____

3 _____

4 _____

The reason I keep these habits in my life is:

The good results I get from each habit are: (For example, I have a habit of smiling at people I meet, and now people are friendlier to me.)

1 _____

2 _____

3 _____

4 _____

Right now my worst habits are:

There reason I have these habits is:

¹ Samuel Smiles wrote this.

I've had these habits for (days, weeks, years?):

The bad results I get from having these bad habits are: (For example: I am late to school, which means I miss some class discussion and get demerits toward my citizenship grade.)

From my list of bad habits above, the one good habit I would like to change most is:

Bad Habit I Want to Change	Good Habit I Want to Replace It With
In School	
1	1
2	2
3	3
With My Family	
1	1
2	2
3	3
With My Friends	
1	1
2	2
3	3
Other	
1	1
2	2
3	3