

## Thinking about habits

Use the boxes below to help you think about which of your current habits you find helpful, and which you find unhelpful. These could be 'spiritual' habits such as times of prayer and attending church, or they might be very normal things like getting a good night's sleep!

Helpful	Unhelpful
My notes:	

For more ideas and resources, visit www.sheffdio.org/ruleoflife



