Date: _____

WHAT COME YOU HERE TO DO?

Chapter 7 — Habits

> *Abeunt studia in mores.*
> *“Habits change into character.”*
> Ovid, *Heroides* 15.83

List three habits. For each habit:

1. Label it, and note where it came from — no judgments.

2. Pick one that you can’t pin down completely and go see that twenty-year friend who will be honest with you without judgment.

3. Decide their future; you don’t have to keep them, but you might need to replace them. Either way, implement a verification — something that will cause you to review each again.

BONUS

Pick up *Atomic Habits* if you want to really exercise control. Once you have a list, it gets easier.