Habits Exercise

List one of your positive habits (CTRL)

- _____

List a habit you are working on (ALT)

- _____

List one of your negative habits (DELETE)

- _____

Table Talk

What inputs could you change to make it to work by 8:00 AM every day?

- _____

First Small Win

What will your first small win be?

- _____

What inputs do you need to address?

- _____

How will your identity change due to this win?

- _____

Thank you for attending this Minot State University Staff Senate Professional Development session