

HABIT CHANGING BASICS

Number of Students: 25

Age group: High School

Time: 50 mins

Goals:

- Understand the long term power of habits
- Learn to strengthen good habits and break bad ones
- Learn techniques to aid in habit formation and breaking
- Learn the importance of loving the journey

Slideshow:

PLAN (10 min chunks):

5-15

Brief Teacher intro and explain the power of habits

15-20

Intro to the four rules of habit formation

20-30

Ask students to utilize previous knowledge to label example habits and

30-40

Explain how to build good habits and break bad ones as well as the importance of identity

40-50

Give some actionable techniques to use for habit formation and wrap up by asking students what habits and ensuing traits they want their ideal self to have.