

Week 2: Powerful Daily Habits

Time Needed	Materials Needed	Set-Up Needed
25 minutes	Daily Habits Handout	N/A
Task, Content, Rational Aim	Background, Givens, Focus	Group, Mood, Experiential Aim
Get participants to think about and write down activities that nurture them and make them well.	It's important to tend to your own physical, spiritual, emotional, and mental health to be able to assist others.	Thoughtful. Hopeful. Inspired.
Topic	Procedural Steps/Activities/Key Points to be made	
Introduction	Keeping yourself healthy and well is important for you personally, for your family and for the work that you do in your community. In addition to eating well there are other ways to take care of yourself for emotional, physical and mental health, and energy.	
Discussion	<p>HANDOUTS:</p> <ul style="list-style-type: none"> • Powerful Daily Habits • Daily Habits Worksheet <p>Read the document on Daily Habits (go through the highlights with them) Create at least list 2 Daily Habits that will keep you well. Reward yourself for your achievements Celebrate when the habit has been changed!</p> <p>These habits do not need to cost you money, just time. These habits are for you and are things that nurture you. They will change over time and that is to be expected. Refer to the handout for examples of daily habits.</p>	
Activity	Take a few moments to create a list of daily habits that you can do to take care of yourself. Fill out the worksheet.	
Debrief	<ul style="list-style-type: none"> • Who'd like to share some of their habits? • Anyone else? 	
Wrap-Up	<p>This is a very effective way in changing habits that don't support you at this time. Doing this for 30 days will ensure a successful change. Be sure to reward yourself along the way and CELEBRATE when you have completed it!</p> <p>What would eliminating this habit do for you? Is there someone who can support you making this change?</p>	