



**CHANGE  
YOUR  
HABITS**

**CHANGE  
YOUR  
LIFE**

# Developing Healthy Habits Part 2

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# Developing Healthy Habits

Part 1 – How Habits Work

Part 2 – Time Management

# Definition of Habit

A habit is an ingrained action.

# Review



- Spiritual disciplines are intentional activities that promote spiritual growth.

# Core Disciplines

- Bible Engagement
- Prayer
- Worship
- Self-Examination
- Self-Denial
- Service







# SMART GOALS



**SPECIFIC**



**MEASURABLE**



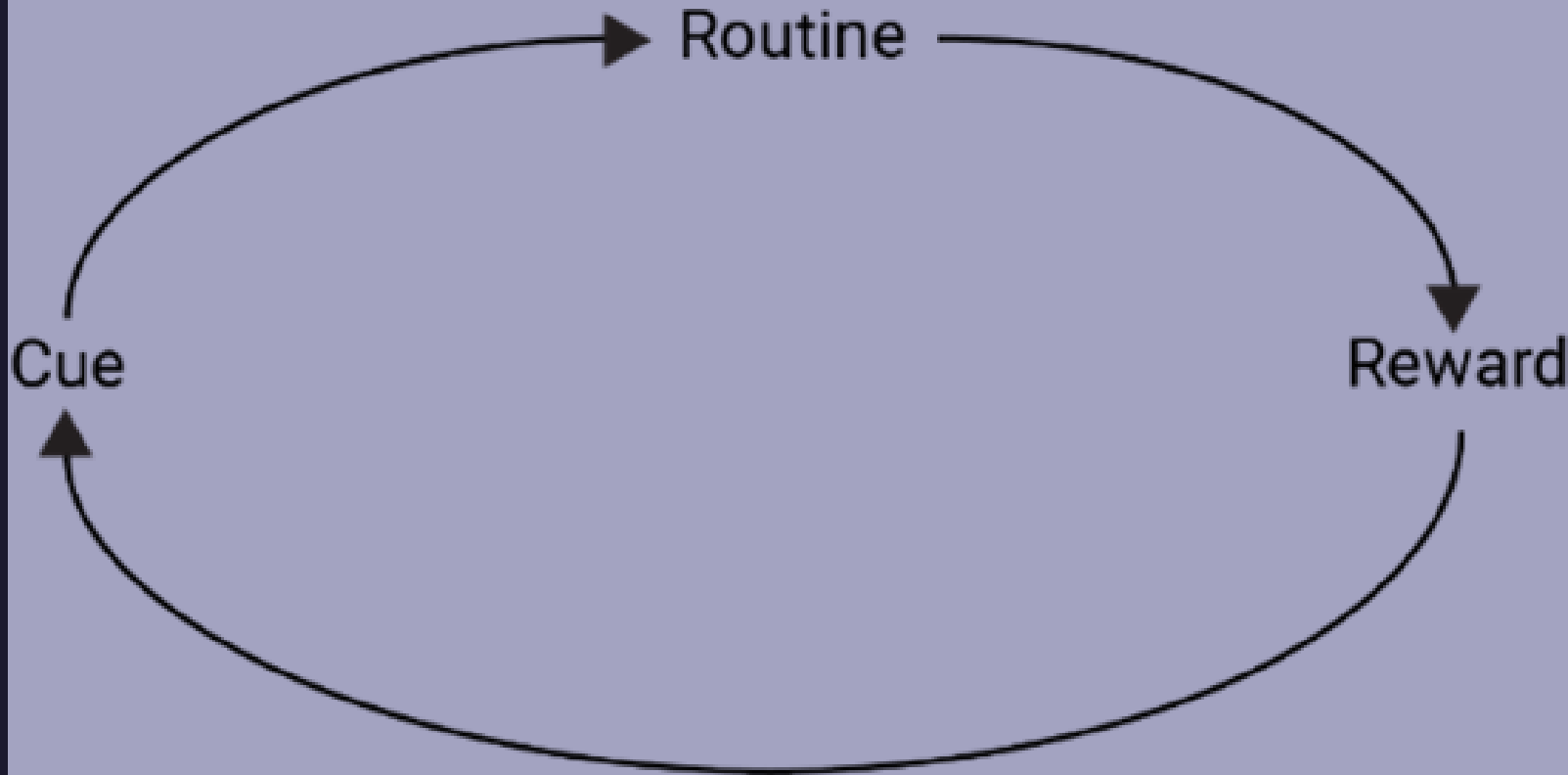
**ACHIEVABLE**



**RELEVANT**



**TIME-BOUND**



# How Habits Work

The habit loop consists of cues, routines, and rewards.

# FORMING GOOD HABITS

- Create Reminders
- Establish Routines
- Reward Yourself
- Repeat or Revise







# SCHEDULING

## WEEKLY PLANNER

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

A weekly planner template with a dark purple and blue gradient background. The title "WEEKLY PLANNER" is at the top. Below it are the days of the week: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY, and SUNDAY. Each day has a vertical line extending downwards, creating seven columns for scheduling.

## MONTHLY PLANNER

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

A monthly planner template with a dark purple and blue gradient background. The title "MONTHLY PLANNER" is at the top. Below it are the days of the week: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY, and SUNDAY. A grid of 6 rows and 7 columns is provided for scheduling.

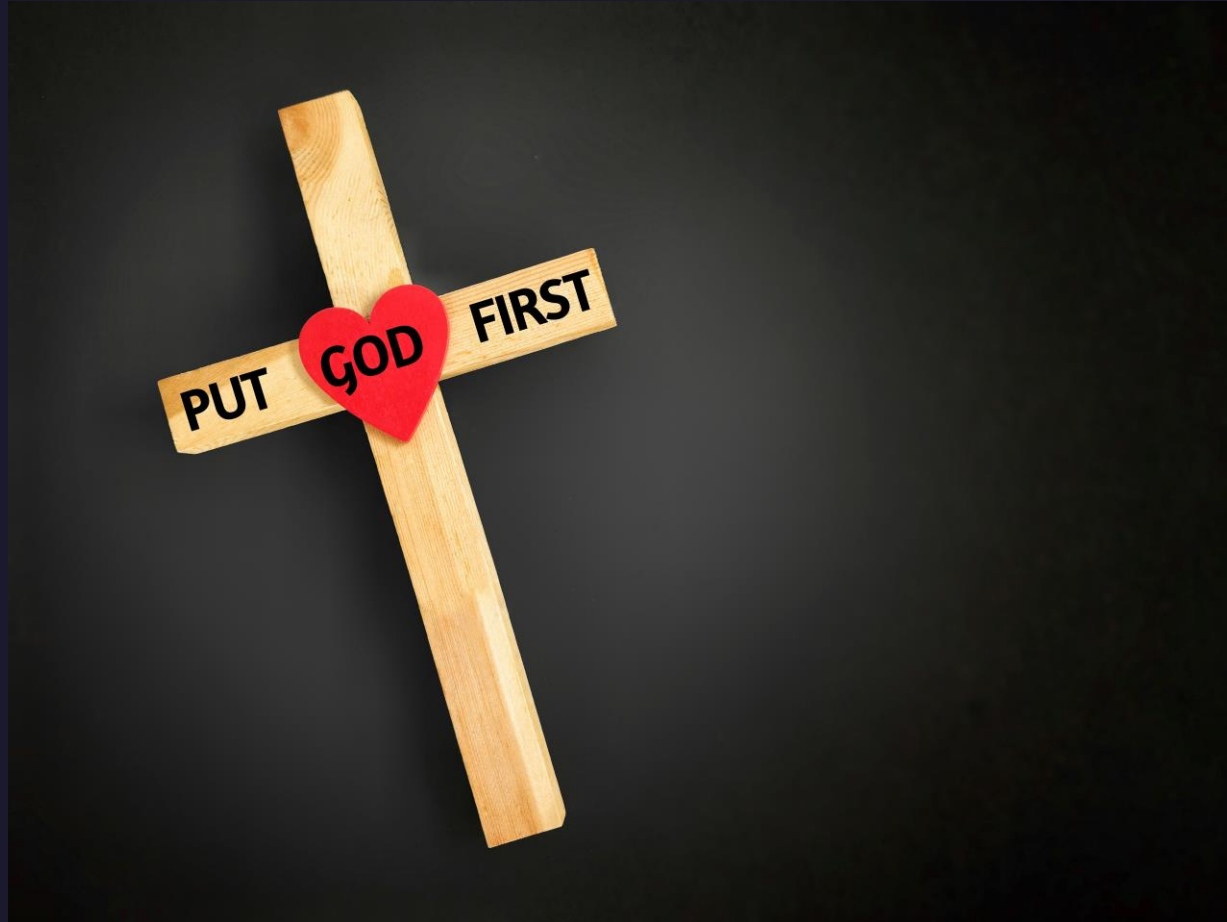
## TO-DO LIST

A to-do list template with a dark purple and blue gradient background. The title "TO-DO LIST" is at the top. Below it is a vertical list of ten horizontal lines, each preceded by a small circle for a checkbox.

# A GOOD SCHEDULE

- Assigns time based on priorities
- Has time for contingencies
- Includes discretionary time

# PUT GOD ON CALENDAR



# IDEAL PRIORITIZATION

- Important and Urgent
- Important and Not Urgent
- Urgent and Not Important
- Not Urgent and Not Important

# ACTUAL PRIORITIZATION

- Urgent and Important
- Urgent and Not Important
- Not Urgent and Not Important
- Not Urgent and Important

# Priority Matrix



		Impact		
		Low	Medium	High
Urgency	High	Medium	High	High
	Medium	Low	Medium	High
	Low	Low	Low	Medium

*Basic Impact, Urgency & Priority matrix*

- Impact is the effect of the action or activity.
- Urgency is the speed the action or activity needs to be completed.



# CLASS DISCUSSION