


# Three Healthy Habits for our Children

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## From Doing to Being

- By doing a certain thing in rhythm, habits can form us into the type of person for whom doing that thing is natural.




## Three Goals for our Kids

- To become grateful adults.
- To become humble adults.
- To become listening adults.



## Maturing the Habit

Young	Growing	Mature
"Thank you."	"Thank you for _____."	"Thank you for _____, that is grace to me."



## Maturing the Habit

Young

"I'm sorry."

Growing

"I'm sorry I \_\_\_\_\_."

Mature

"I'm sorry I \_\_\_\_\_,  
how did that make you feel?"

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## Maturing the Habit

Young

"Tell me what you think."

Growing

"Tell me what you think, I have a lot to learn."

Mature

"Tell me what you think, I have a lot to learn and value your insights."

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## Three Goals for our Kids



To become grateful adults.



To become humble adults.



To become listening adults.

### Tips for habit forming...

- Work backwards. Start with the end in mind.
- Build on the habit with an eye towards maturity.

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