

DEVELOPING WINNING HABITS

CARE Workshop

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HABITS OF THINKING

HABITS OF FEELING

"THE TRIGGERS"

"THE MESSENGERS"

"GROUP THINK GROUP"

"THE PAST"

"ACTING THE PART"

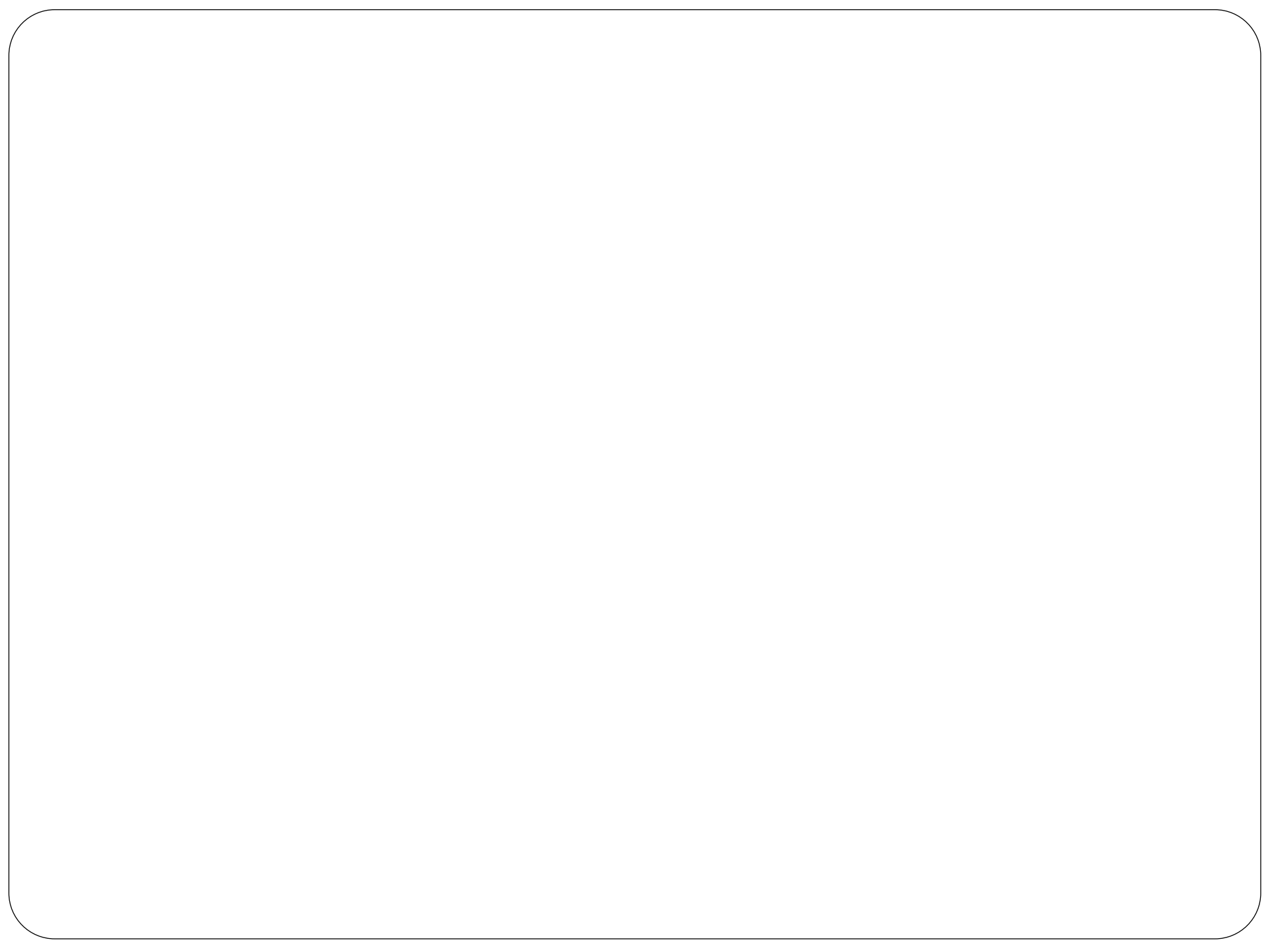
HABITS OF ACTING/REACTING

SELF-EXPECTATIONS

PRESSURE FROM SIGNIFICANT
INDIVIDUALS

GROUP NORMS

SOCIETAL EXPECTATIONS



OPENIN1

BAD HABITS AND YOU: IMPERFECT TOGETHER!



CHANGE YOUR BRAIN CHANGE YOUR HABITS



WHAT'S IN IT FOR ME?

"

Mahatma Gandhi

INDIVIDUAL EXERCISE

QUESTIONS

