

## **Making Good Habits: Breaking Bad Habits**

Do you know that there are ways to break bad habits?

Do you know how to develop good habits?

### **Introduction**

Nearly everything we do in life is the result of habits. The good ones bring peace, joy and power into our lives, and the bad ones steal our peace and joy and prevent our success. The most important habit comes first: the Creator Habit. By putting the Creator first in everything you do, you have a supernatural advantage in gaining success. Next comes a willingness to work for the results you want. The next on the habit of how we think and speak. Our words and the thoughts that propel them have a tremendous impact in determining our actions, and repeated action are the basis of our habits.

### **Program Objectives**

This program aims to:

- Explain how to develop good habits that bring you to your destiny.
- Explain how to break the bad habits that bring frustration, discouragement and stress and drain your energy.

### **Learning Outcomes**

After completing this program, the participants should be able to:

- Apply the habit of happiness, faith, excellence, responsibility, generosity, discipline, decisiveness and confidence.
- Apply the proper technique to create sustainable habits

### **Methodology**

Gamification, case study, interview, case simulation, quiz, group discussion, lecture, videos.

### **Who Should Attend**

Human resource personnel, marketing personnel, financial personnel, senior management, and anyone who wants to cultivate a good habit.

## Program Outline

Day One	
Time	Topics
9:00am – 10:30am	<p><b>The Anatomy of a Habit</b></p> <p>In this module, the participants would learn what makes up a habit, factors influencing a habitual action. Besides, how to start the journey to revisit our habits.</p>
10:30am – 11:00am	Tea Break and Networking
11:00am – 1:00pm	<p><b>The Good and the Bad Habit</b></p> <p>In this module, the participants would start to self-reflect on their own habits. Then, the participants would categorise the bad and the good habit and how each habit influences us. In this module, the participants would look at the essential components of habits that include thoughts, words and habits.</p>
1:00pm – 2:00pm	Lunch and Networking
2:00pm – 3:30pm	<p><b>The Habit of Being Decisive and Healthy Habits</b></p> <p>In this module, the participants would start to look at indecisive habits and how to make decisions. The practical session where the participants would learn how to change from small habits. Besides, the participants would learn the seven pillars for good health. Then, the participants would learn how to apply stress management in maintaining the healthy habit.</p>
3:30pm – 4:00pm	Tea Break and Networking
4:00pm- 5:00pm	<p><b>The Happy Habits and The Habit of Faith</b></p> <p>The participants would learn the sin of happiness and apply the secret of cultivating happy habits. The participants would learn a happy mindset strategy to boost the happy habit. Then, the participants would look at the faith for daily life, faith for the past, faith for failure, the journey from fear to faith, and acceptance with joy.</p>
Day Two	
Time	Topics
9:00am – 10:30am	<p><b>The Habit of Excellence and The Habit of Responsible</b></p> <p>In order to be excellent, the participants must help themselves, do the best all the time and the rewards of excellence. At the same time, the participants would learn the excellence of thought, speech and treat people with excellence. The participants would look at the traits of responsible people and how to boost integrity. The</p>

	participants would learn the five steps to stop making excuses.
10:30am – 11:00am	Tea Break and Networking
11:00am – 1:00pm	<p><b>The Habit of Generosity and The Hurry Habit</b></p> <p>Generosity is the answer to greed. The participants would learn how to be generous on purpose and make a plan and creature of habit. In the hurry habit, the participants would learn how to set an overload alarm, the advantages and disadvantages of hurrying and set the standard right.</p>
1:00pm – 2:00pm	Lunch and Networking
2:00pm – 3:30pm	<p><b>Emotional Habits and Confidence Habits</b></p> <p>The topics that would address the topic include self-pity, control of temper and evaluating the emotional reactions, and how to overcome emotional wounds. To boost the confidence and health, the participants would learn how to apply aggressiveness in the right way to increase the confidence within you.</p>
3:30pm – 4:00pm	Tea Break and Networking
4:00pm- 5:00pm	<p><b>The Habit of Adding Values to Others and The Habit Discipline</b></p> <p>This module helps participants to set the habit to continue to contribute to society. Then, another good habit here is to be disciplined. The participants are given psychological techniques on how to make them be disciplined.</p>