



Starting  
Presenter: Jim Hammond

# Talk It Over

Habits  
Week 2:  
"Starting"

I. Based on who you want to BECOME, what one habit do you need to start?

\_\_\_\_\_

## II. HOW TO START A NEW HABIT



A. Make it \_\_\_\_\_.

- **ACTION, TIME AND LOCATION:** I will do \_\_\_\_\_ at \_\_\_\_\_. In/at \_\_\_\_\_
- **CUE:** I will do \_\_\_\_\_ after I \_\_\_\_\_

B. Make it \_\_\_\_\_.

C. Make it \_\_\_\_\_.

D. Make it \_\_\_\_\_.

## SMALL TALK

1. What does your daily routine look like? Are there things you do so often, you don't remember doing them?
2. Which of your systems are working well? Which need some work?

## VIEWPOINT

3. **READ Daniel 6:10.** Which system did Daniel turn to? Which system do you think you would have turned to?
4. **READ 1 Kings 8:46-51.** Why did Daniel develop the habit of praying to the East?
5. **READ Zechariah 4:10.** How will you start small this week?

## GETTING PERSONAL

6. Based on who you want to become, what's one habit you want to start?
7. How does understanding the Habit Cycle help (Cue, Routine, Reward)? What will be the cue for your new Routine? How can you make it more obvious and easy?
  - After I \_\_\_\_\_ I will \_\_\_\_\_

## MAKING PROGRESS

8. One of our core statements is: "Don't Do Life Alone." Discuss as a group how you can support each other as you put new habits and systems into place.

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