

# Healthy Habits

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# Becoming an Agent of Change

## ACTIVITY SHEET



Making a commitment to master temptations and cravings, or develop the self-discipline required for the development of new healthy habits, is no small feat. It takes courage to kick old unwanted habits and pursue new productive ones. So, well done! You have taken the first significant step towards change. In this session, we will understand what true freedom looks like, evaluate your readiness for change and establish clear goals to work towards.



### PROGRAM OBJECTIVES

**This session is designed to help you:**

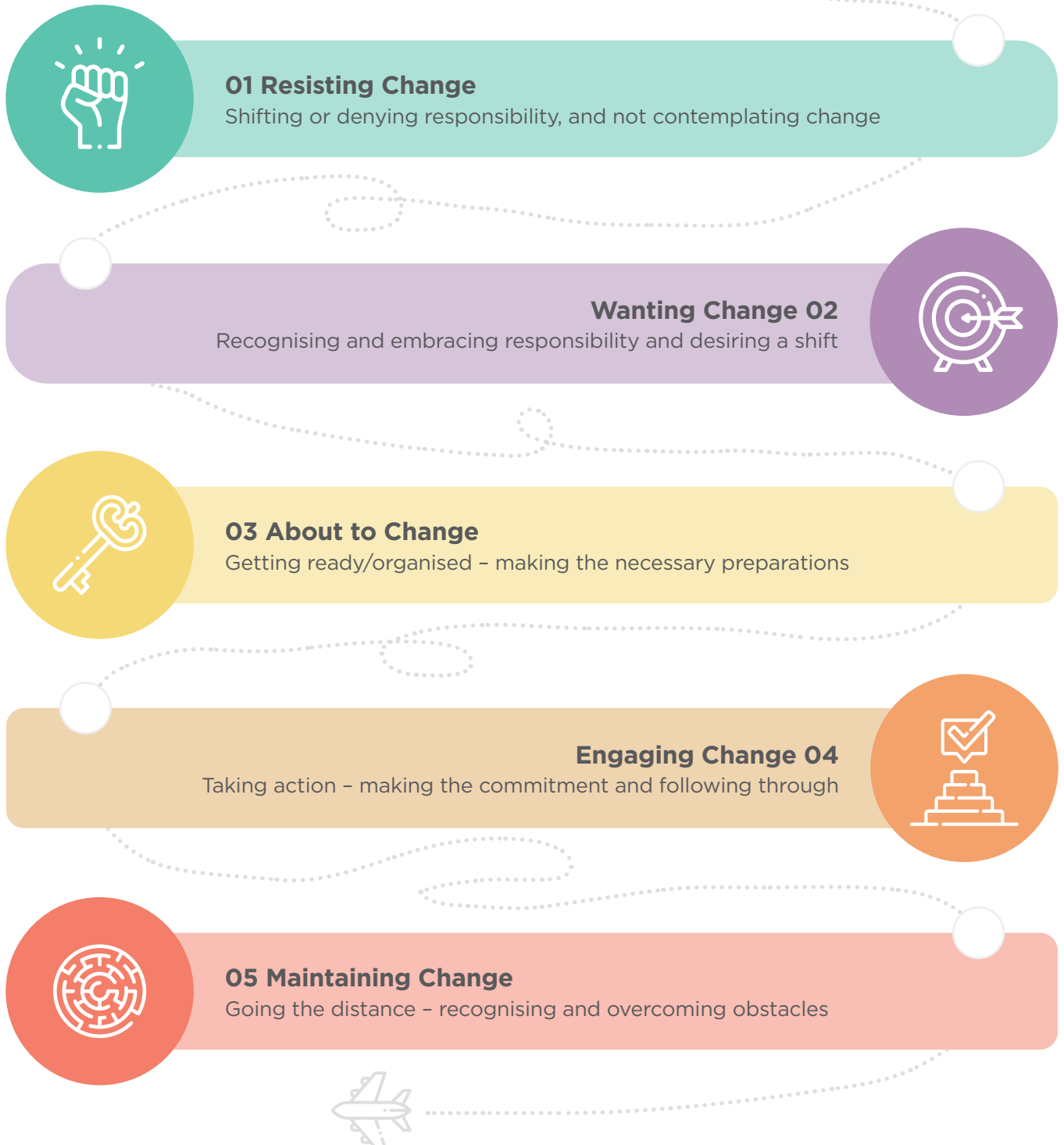
- (a)** identify your readiness for change
- (b)** understand what authentic freedom looks like
- (c)** establish key objectives for your participation in the healthy habits program

# Stages of Readiness

Things are always in a state of flux. You are either moving forwards or backwards. So, if change is inevitable, why not be intentional about making a change for good. There are five classic stages along the journey towards sustainable change.



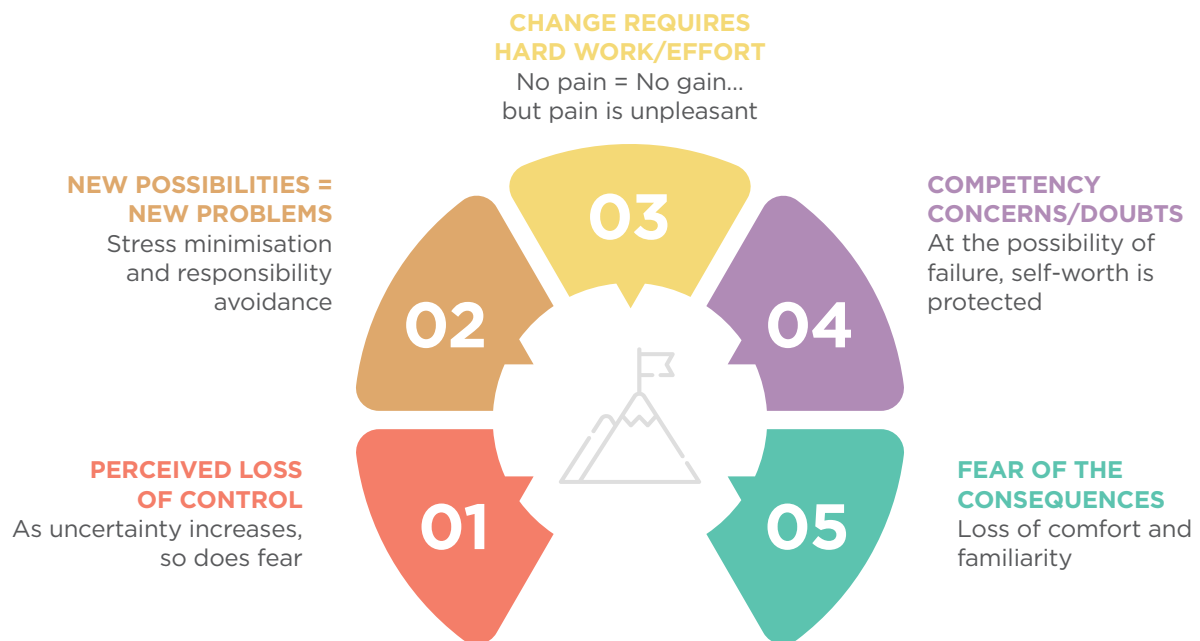
Identify which stage of readiness you are at on your journey towards sustainable change:



# Resisting change

The thought of liberty, self-control, and personal triumph is enticing. However, the PROCESS of change is not so enticing. Like climbing a mountain, the first step can often be the hardest. But even if you are well on your way towards your goal, you may encounter certain obstacles where you find yourself resisting change all over again.

There are 5 common reasons for resisting change:



**Q:** Can you identify within yourself any of the above reasons for resisting change? (*specify*)

WHETHER YOU ARE  
RESISTING OR EMBRACING  
CHANGE, THE TRUTH IS

# change is already happening

- WITH OR WITHOUT YOUR  
PERMISSION (WHETHER FOR  
BETTER OR WORSE).



# Positive versus Negative FREEDOM

When an individual cannot exercise self-control, self-governance or self-discipline, freedom is lost. This loss of freedom is akin to an external force (parents, government, religion) imposing restrictions, limitations or constraints upon you. When you are not free to exercise your authority, dominion and self-determination, you are a subject to bondage. We can be literal prisoners, bound by habitual patterns of behaviour, or even enslaved by sin. For this reason, Jesus came to set the captive's free. Yet, strange as it may sound, real freedom is not simply the absence of restrictions, rather it's the ability to intentionally self-impose restrictions (disciplines) for a greater good.

## LOW FREEDOM

Loss of autonomy/control because of **something** (internal hurts, hang ups or hinderances) or **someone** (external authority, foreign force or legal mandate).

## NEGATIVE FREEDOM

Absence of **external** constraints; Free to do whatever you like without limitation (but not without consequence).

## POSITIVE FREEDOM

The act of taking control of one's life; Free to establish **self-imposed** disciplines and healthy boundaries for the purposeful pursuit of a greater good.

## HIGH FREEDOM

Free to control/direct your own life, understanding 'all things are permissible, but not all things are profitable' (high levels of **both negative and positive freedom**).

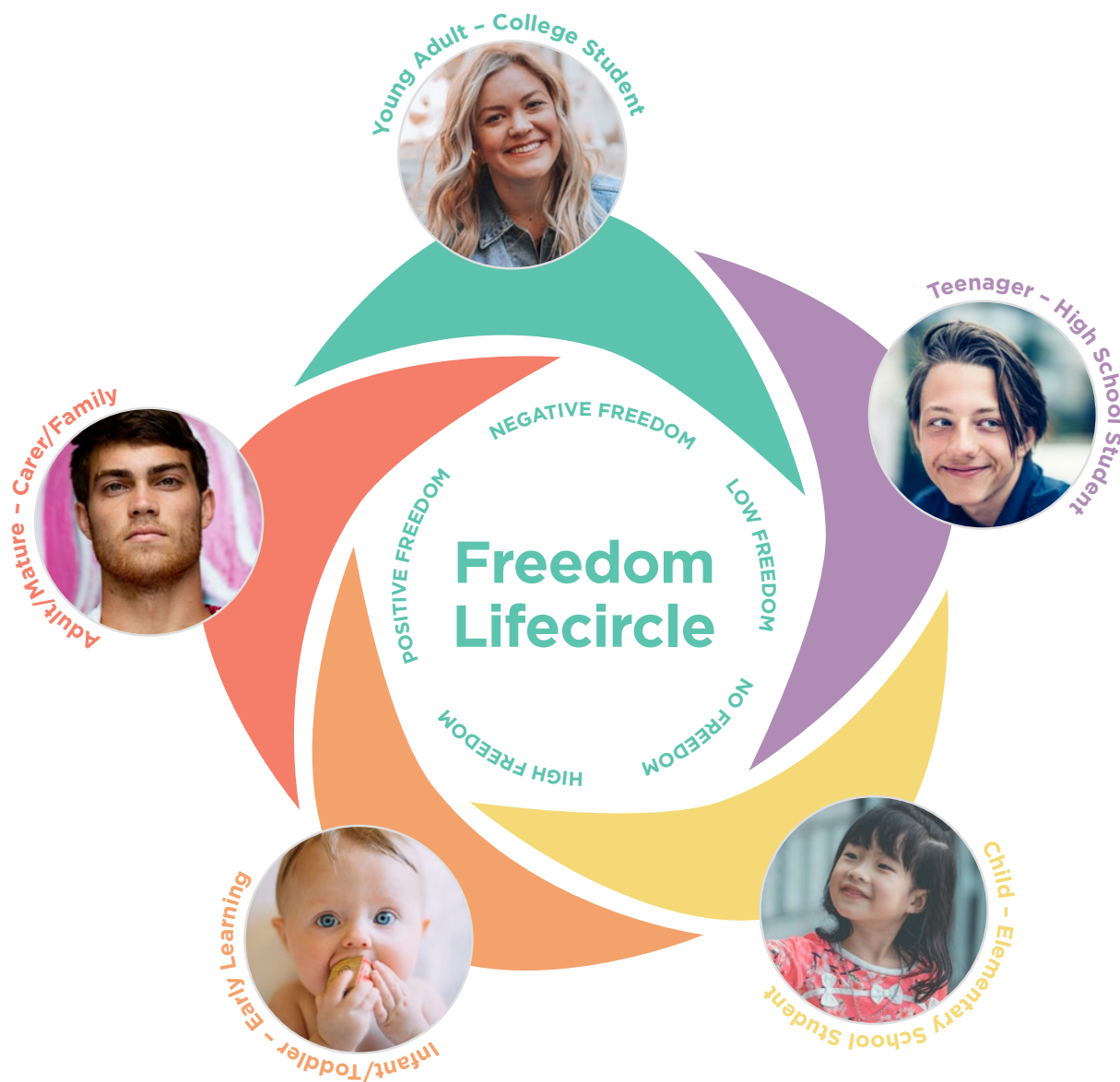


**Q: For each category of healthy living, what level of freedom do you currently possess?**

	Negative Freedom	Positive Freedom	Overall Freedom	Negative Freedom	Positive Freedom	Overall Freedom	Negative Freedom	Positive Freedom	Overall Freedom	Negative Freedom	Positive Freedom	Overall Freedom	Negative Freedom	Positive Freedom	Overall Freedom	Negative Freedom	Positive Freedom	Overall Freedom			
	Physical			Nutritional			Spiritual			Intellectual			Financial			Emotional			Communal		
	Exercise & Fitness			Diet & Hydration			Relationship with God			Personal Development			Career & Stewardship			Peace & Wellbeing			Church & Community		

# Freedom: Growing in Maturity

When you were young, your freedom was limited. Your parents typically controlled what you did and when you did it. As you grew, fewer external restrictions were placed upon you, but your internal self-control was still developing. With maturity came both internal and external freedom. However, if you made a series of poor choices and unwanted habits were formed, you'll have lost your freedom and regressed in maturity. Is it time to reclaim your freedom?



INFANT/TODDLER	CHILD	TEENAGER	YOUNG ADULT	ADULT
<b>No Freedom:</b> Parents regulate every aspect of life. Poor impulse control.	<b>Low Freedom:</b> Parents and Teachers regulate most aspects of home and school life (self-control still developing).	<b>Negative Freedom increasing:</b> Fewer home restrictions (bedtime/curfew, socialisation) and more class choice.	<b>Positive Freedom developing:</b> Few external restrictions; free to choose studies (free to attend or not attend class).	<b>High Freedom:</b> Having both high negative and positive freedom, form healthy boundaries and exercise restraint.

# The BIG Picture

To cultivate maturity and live with HIGH FREEDOM, the secret to success is starting with the big picture. In psychology, it's well established that whatever you focus your attention on, becomes more established in your life. Whether weeds or flowers, whatever you water in the garden of your mind will grow. Therefore, it's important to take time sharpening your lens to identify the key character-strengths of the person you would like to become.



**Who would you like to become? From the list of virtues and character-strengths below, identify the top 10 qualities you would like to further develop and embody. ✓**

Trustworthy		Kind		Witty	
Courageous		Modest		Loving	
Patient		Helpful		Righteous/obedient	
Friendly		Compassionate		Honourable	
Loyal		Reliable		Faithful	
Honest		Gentle		Respectful	
Pure		Generous		Hard working	
Wise		Self-controlled		Tolerant	
Integrous		Joyful		Peacemaker	
Passionate		Confident		Optimistic	

**Q:** What might need to change in order to become the person you've characterised above?

**Q:** Based on your desired character-strengths and above identified changes, create a declaration of the person you are becoming?



# 'No restrictions' is FAKE FREEDOM.

HAVING 'NO  
LIMITATION' IS LIKE  
GOING ON A SHOPPING  
SPREE WITH NO  
SPENDING LIMIT.

The thought of having 'no restrictions' may sound enticing. But when you are 'free' to buy whatever you want (and as much of it as you like), you end up being less appreciative of it. The result is more junk in your life that you don't value. Having the FREEDOM, however, to put limitations on yourself - helps you focus on and appreciate what's really important. That's what HIGH FREEDOM looks like.

# High FREEDOM

Strange as it may sound, having the freedom to 'DO whatever you want' isn't the same as having the freedom to 'ACHIEVE what you really want'. Accomplishing your goals (what you really want) requires the implementation of healthy boundaries and self-imposed restrictions. This typically involves making a shift from negative freedom (the freedom to do whatever you want) to positive freedom (the freedom to do whatever is best).



**Q: In what areas may you need to make a healthy shift from negative to positive freedom?**



*Example: I can improve my sleep hygiene by going to bed no later than 10pm and setting my alarm to wake at 6:30am.*

I'LL GO TO SLEEP  
OR WAKE AS  
LATE AS I CARE  
TO

I'LL EAT WHAT  
I WANT AND AS  
MUCH AS I FEEL  
LIKE

I'LL WATCH  
WHAT I LIKE  
AS OFTEN OR  
LONG AS  
I LIKE

I'LL DO WHAT  
I WANT,  
WHENEVER I  
WANT TO



# Setting Your Objective

To achieve your objective of developing new healthy habits, you need to know what you want, who you'll tell, why you want it, when you will achieve it by, and ultimately, how you'll know when your objective has been achieved. By writing your objective down, you'll have a reference point to measure your progress by.



## 01 WHAT DO YOU WANT?

Be specific: make it simple, realistic and achievable



## 02 WHO WILL YOU TELL?

Tell someone who'll encourage you and keep you accountable



## 03 WHY DO YOU WANT IT?

To stay motivated, articulate the purpose and highlight the benefits



## 04 WHEN WILL YOU ACHIEVE IT?

Establish a timeline: specify both starting and accomplishing dates



## 05 HOW WILL YOU KNOW?

In your mind's eye, create a vision of what success looks like

1



2



3



4



5

