**WHE Group**

**Week 10 of 10: The E for Everyday Disciplines – Small Discipline Done Daily**

You may not see the results of your habits until years to come but what you do every day either invests or takes away from your joy and the fulfillment you have in your future.

Choose a verse from the accompanying sheet that best resonates with you:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What systems do you have established in your home environment to do the right thing everyday?

What are your current best daily habits and how can other “good” habits replace the “bad” habits?

How can you establish support and accountability in your life?

From the list of Sample Goals for Everyday Disciplines, write a specific goal to work on and a plan to continue your Whole Health Journey. Remember: A written goal is more likely to be accomplished.

“No work is insignificant. All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.” Martin Luther King, Jr.

 