

MY HABIT



LEARNING OBJECTIVES



**Understanding things
related to habit.**



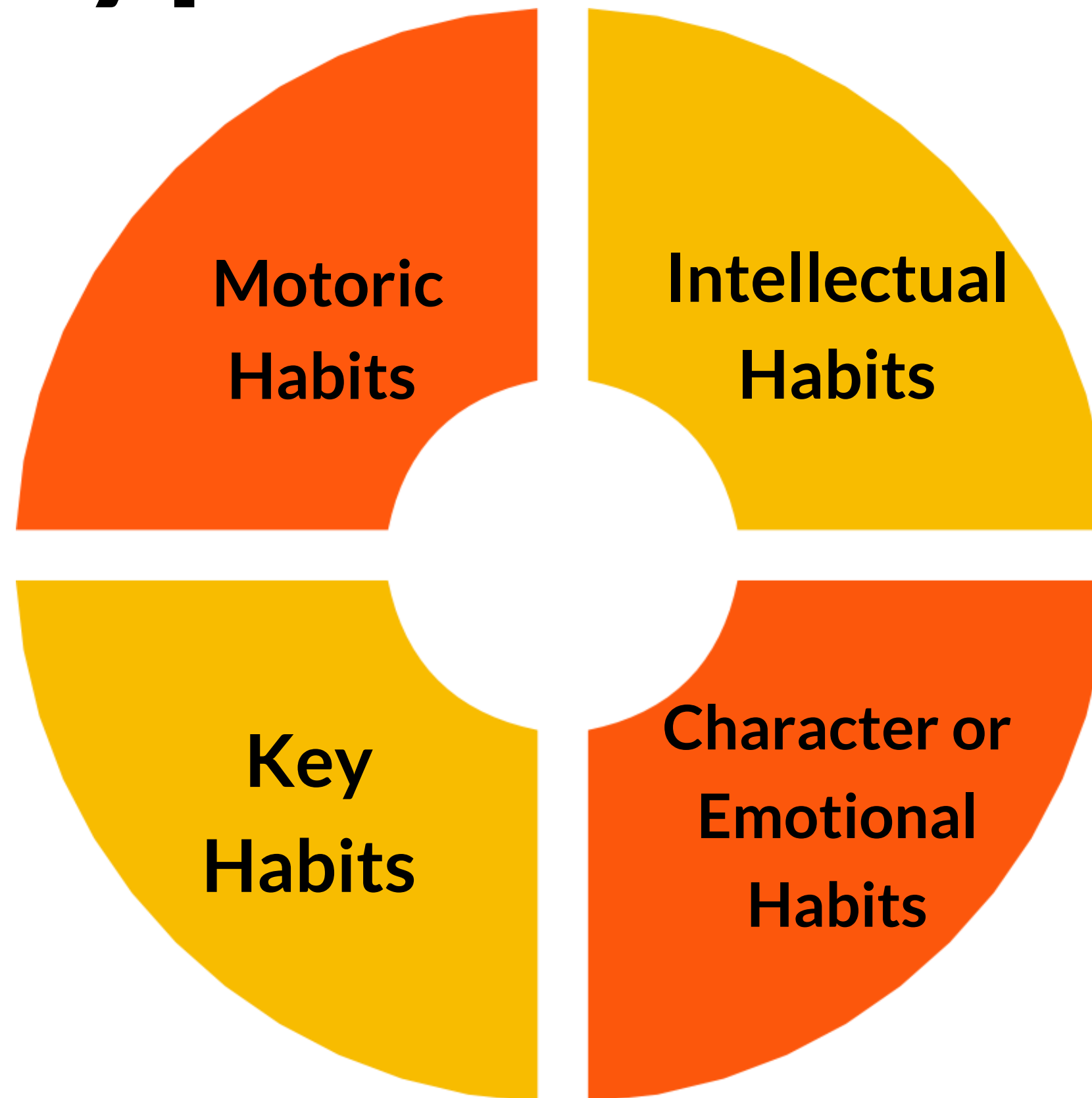
**Building an attitude of
perseverance and self-
confidence.**

What is Habit?

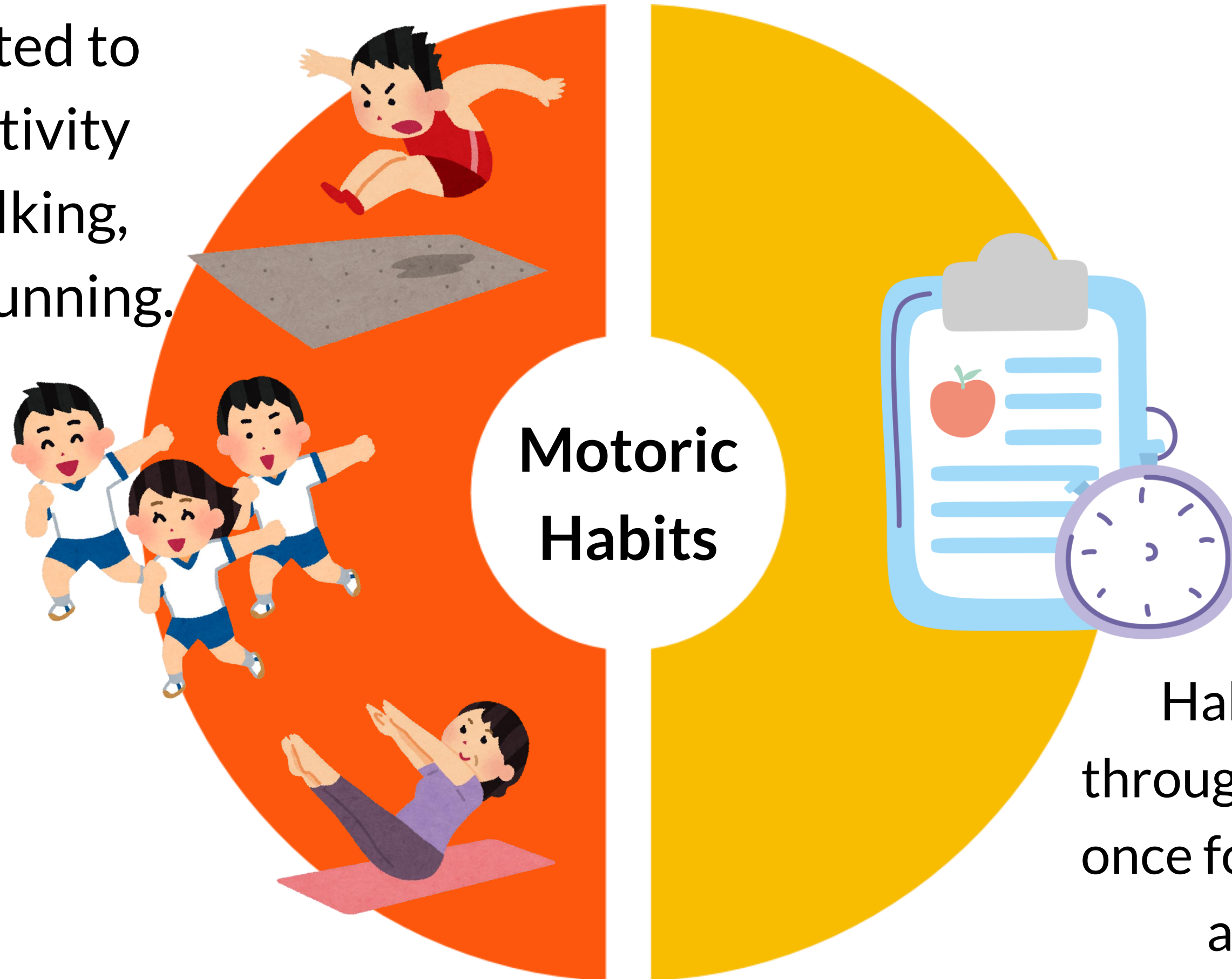


"Continuous repetition of an action without pondering. Embedded through a pattern accepted by the soul."

Types of Habit



Habits related to physical activity such as walking, standing or running.



Habits are formed through consistency and, once formed, will happen automatically.



Intellectual Habits



Psychologically rooted behaviors that require intellectual ability, such as good observation and logical thinking.

Habits are formed through practicing good thinking skills until they become instincts.

Character-revealing behaviors through feelings and emotions, such as helping others in need, time management, and trusting others.

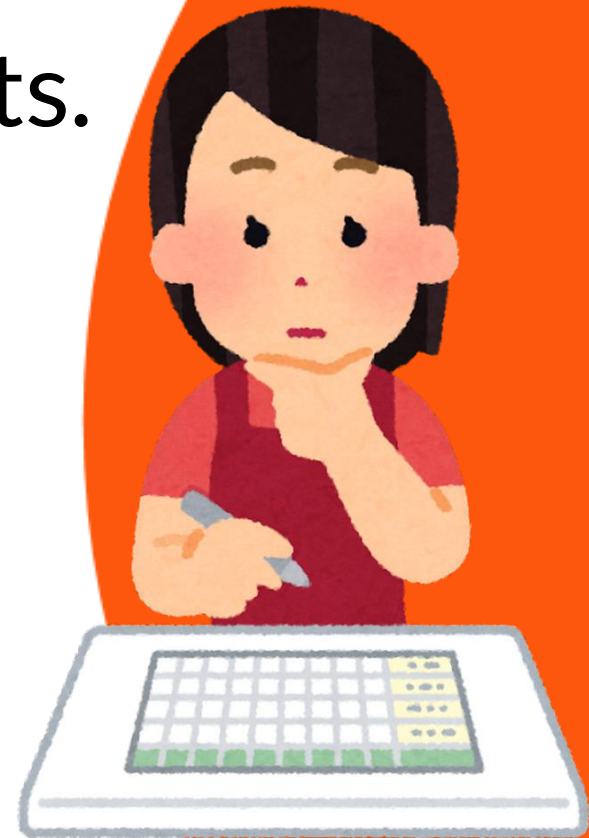


Character or Emotional Habits



Emotional habits help develop personality as we age.

Minor modifications in daily routines which affect other habits.



Key Habits



For example, someone who takes care of their body and exercises regularly can influence better eating habits.

9 CATEGORIES OF IMPORTANT HABITS



ENERGY

Exercise, Sleep



PRODUCTIVITY

Focus, Work, Will



RELATIONSHIPS

Connect and Deepen



RECHARGE

Relax and Take a Break



ORDER

Clean and Organize



PURPOSE

Reflect, Identify, Engage



CONSCIOUS CONSUMPTION

Eat, Drink, Shop



WISE INVESTMENT

Saving, Supporting, Feeling



CREATIVITY

Learn, Practice, Play

Why it can be formed?



CUE

A trigger such as a specific time, place or activity.

REWARD

Outcomes that provide satisfaction, such as feeling full after breakfast.



ROUTINE

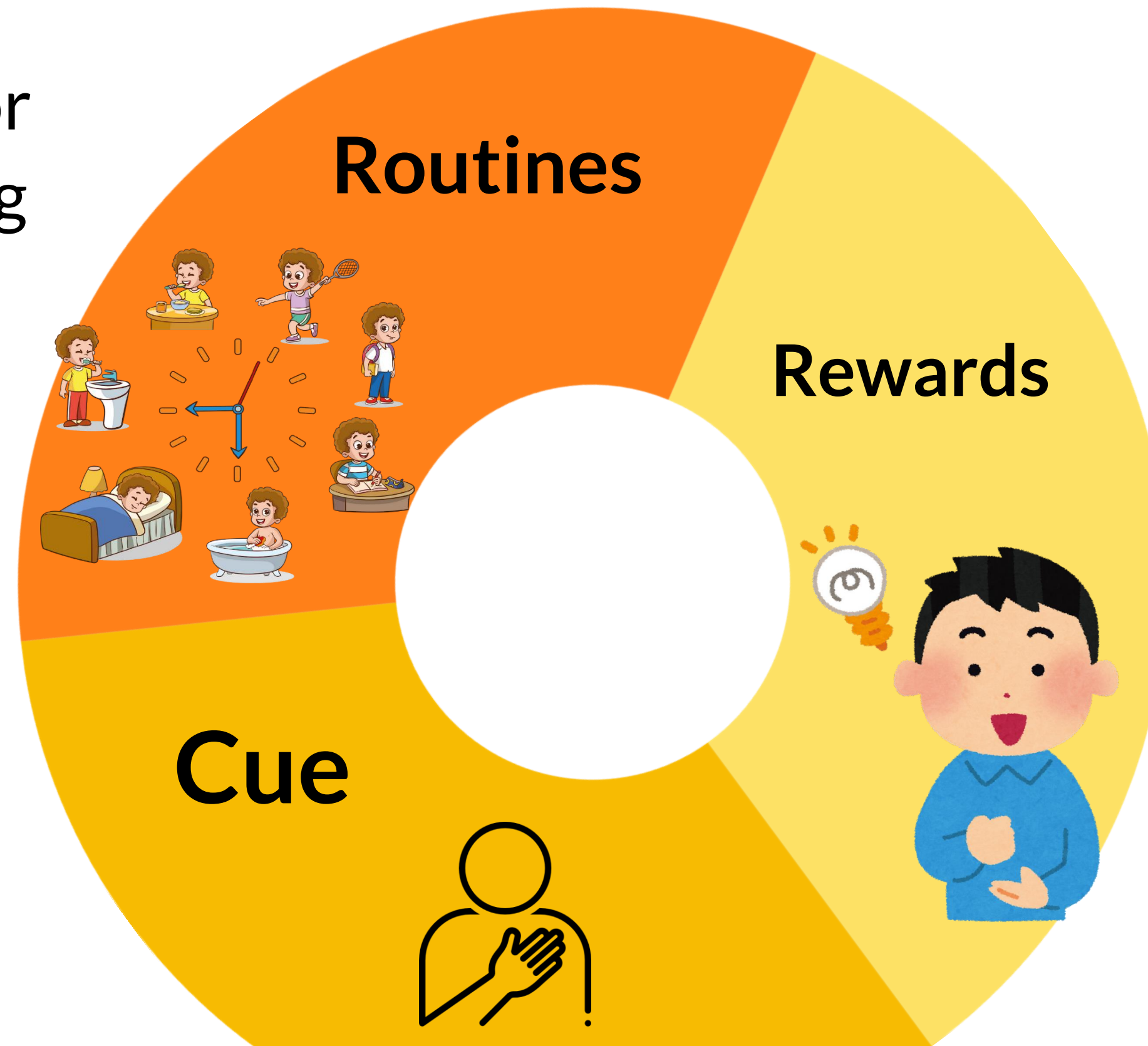
Actions that are performed automatically.

Case study: Water -saving Habits

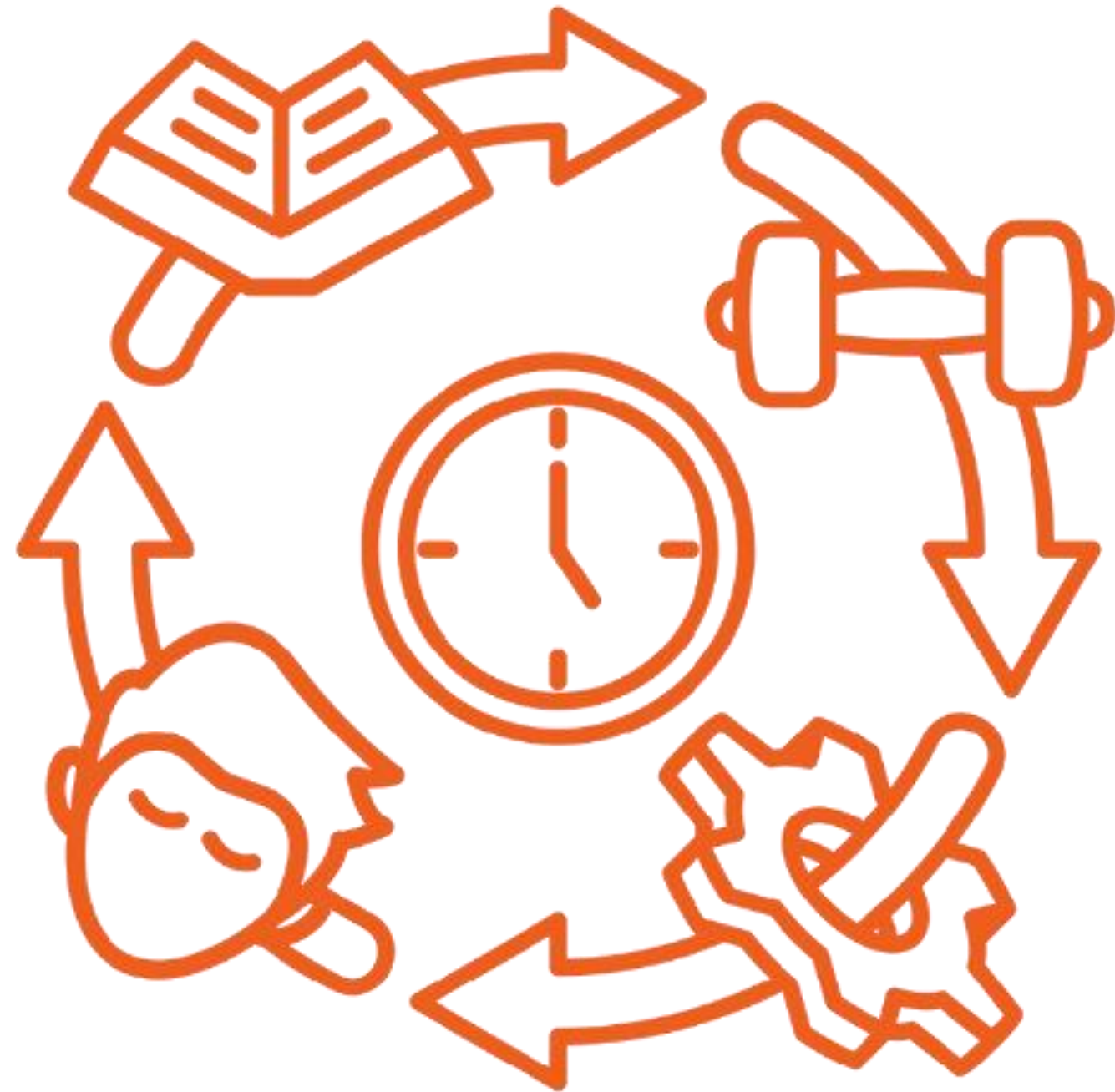
Actual behavior
of water-saving

Lower water bills
and improved
household energy
efficiency

Water tells your brain
to go into automatic
mode of which habits
to use when it's done
using them



Why behavioral patterns are resistant to change?



My behavioral patterns are resistant to change because my brain has gotten used to it, reinforced by triggers and a sense of comfort, so it becomes automatic.

Conscious Habits



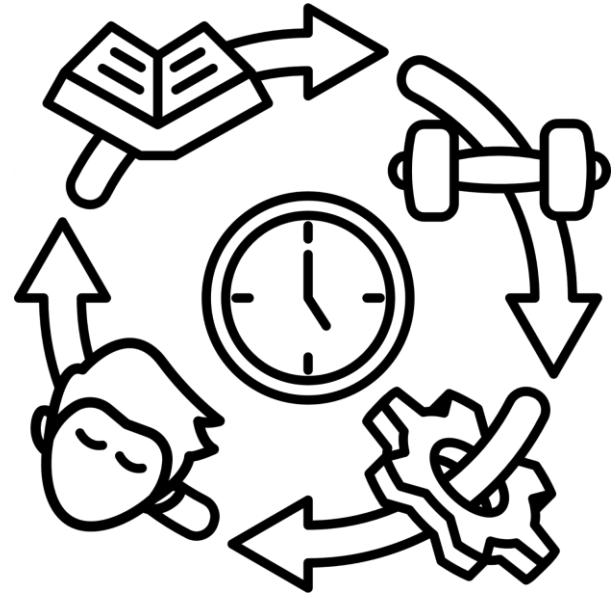
Mindfully practiced behaviors, such as exercising, reading, or teeth brushing. This requires deliberate decision-making and focused awareness.

Hidden Habits



Automatic behaviors, such as nail-biting when nervous or leg-shaking when sitting. These behaviors are frequently prompted by emotions or environmental cues without conscious awareness.

'How to Identify Hidden Habits'



Observe Daily Routines

Monitor the automated behaviors, especially when relaxed or stressed.



Track Emotional Cues

Recognize situations of emotional states that activates specific behaviors, such as stress or boredom.



Utilize a Journal or Digital Application

Document daily behaviors and analyze for habitual patterns.



Consult With Others

Request feedback from a close person regarding unconscious habits.



Self-Reflection

Allocate time to reflect on your behaviors, particularly those that occur unconsciously.

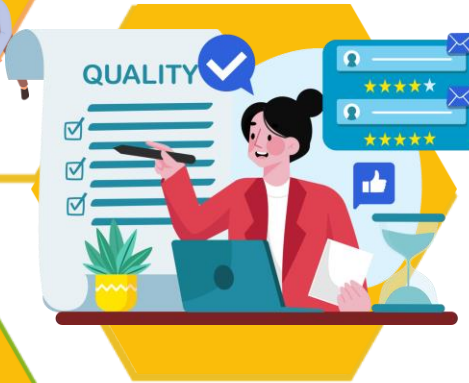
The Benefits of Good Habits

Increase productivity
and efficiency



Help in achieving
goals

Improve overall
quality of life



Helps to become a
desirable person

Increases
energy levels



Boosts mood

Makes it easier to
help others



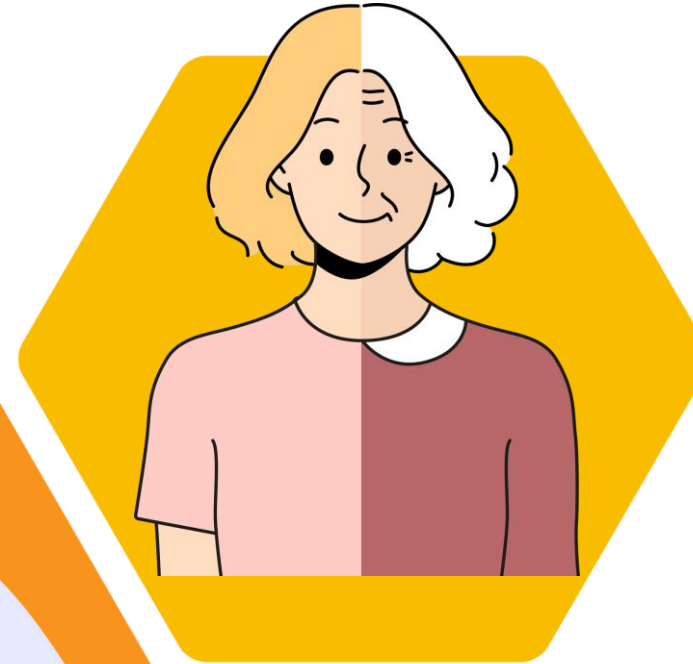
Bring out the best in
us

Consequences of bad habits

Elevated
likelihood of
medical issues and
illnesses



Rapid aging
process



Mental health
deterioration



Lack of motivation





Recognize the Triggers: prevent exposure to environment that encourage unhealthy habits.



Replacing Bad Habits: substituting them with equally rewarding alternatives

Eliminating Negative Behaviors



Stay Alert: maintain full autonomy over one's behavior..



Get Help: seek guidance from a professional or trusted individual

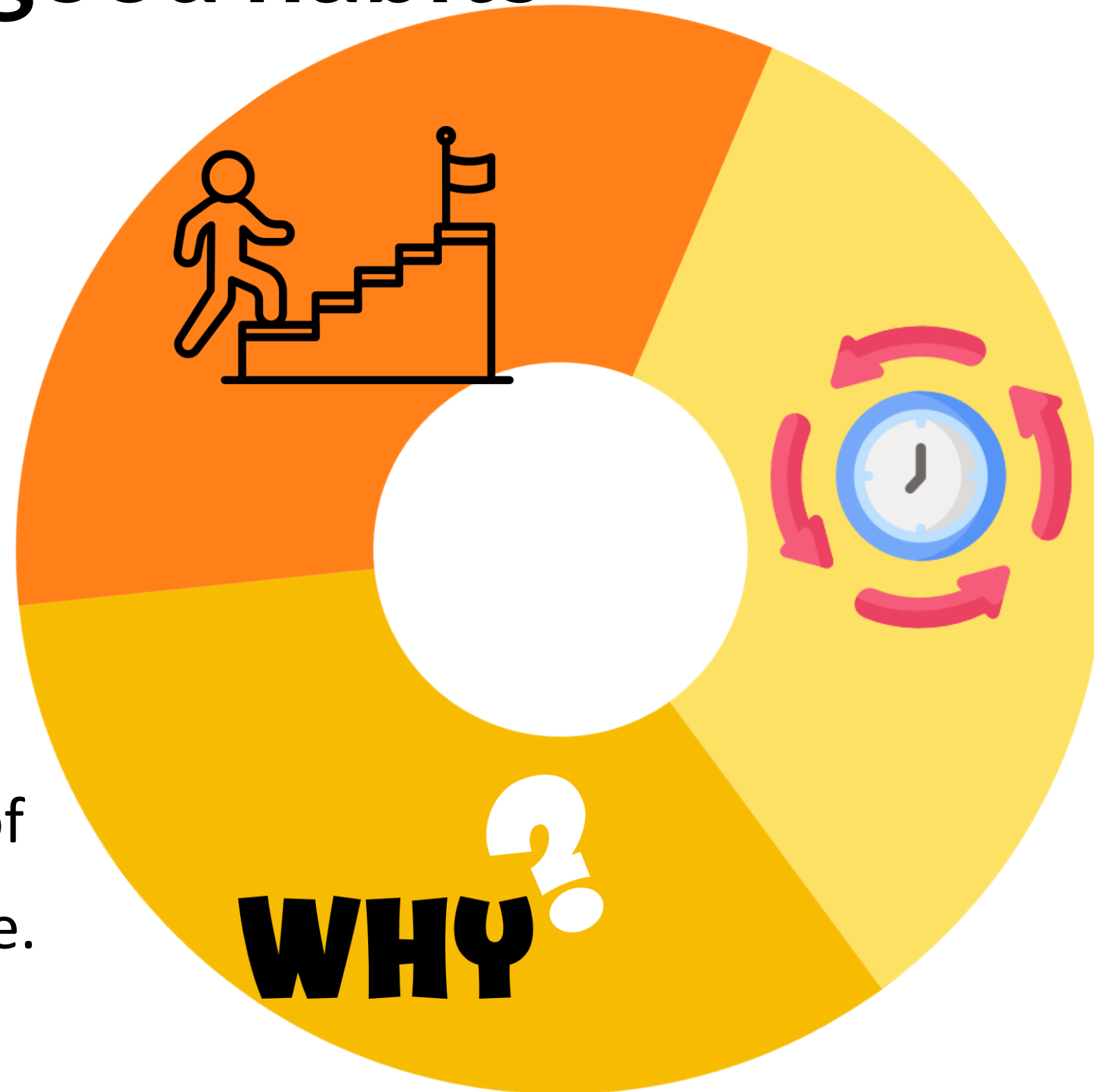


Be patient: set practical expectations regarding the time required to form positive habits.

How to foster good habits

A fundamental starting point is having the power to make a substantial change in life's direction.

Identify the root cause of the motivation for change.



Habit transformation demands regular practice and persistence.



9 Steps to create good habits



6 Things to Avoid When Forming New Habits

Being Rigid



Lack of self-confidence



Not taking personal responsibility



Being timid



Lack of planning



Adopting false beliefs and negative self-talk

Successful Habits?



Goal-setting



Prioritization



Wake up early



Visualization



Healthy food and diet



Fitness and sport



Socialization



Self-directed
education



INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy (KDS). ReBach Internasional dan World Vision Korea dan didanai oleh Korea Cooperation Agency (KOICA)



Wahana Visi Indonesia

www.wahanavisi.org



@wahanavisi_id