**Honing your Habits: Module 2 Honing your Habits Review**

Chapter 5: How might we?

Instead of describing a problem or a challenge this week, ask the question "How might we...?", to reframe and take action!

Chapter 6: Praise Empathy

Take a moment in your interactions this week to recognize whenever someone empathetically helps others achieve goals.

Chapter 7: Listen to Stories

When you observe a story this week, think about your engagement with that story. How does it sustain your attention?

Chapter 8: Great Experience

Assess how you feel about multiple types of experiences this week. What about them makes you happy or engaged?