

# 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?