

The Power of Great Habits

Habits play a very important role in our lives. There are good habits and bad habits. Good habits help us become the-best-version-of-ourselves. Bad habits stop us from becoming all God created us to be.

Your parents, teachers, and coaches are all working very hard to help you develop good habits. Here are some examples of good habits:

- **Drinking lots of water**
- **Eating fruits and vegetables**
- **Reading every day**
- **Spending time with friends**
- **Encouraging the people around you**
- **Going to church on Sunday**
- **Praying for a few minutes every day**

Here are some examples of bad habits:

- **Watching too much TV**
- **Eating too much junk food**
- **Not taking care of your things**
- **Bullying other children**
- **Missing Mass on Sunday**

