

BCMA at James D. Ryan Healthy (Good) Habits

Foundational Habits are at the root and the soil of the tree. The rest of the habits become easier with foundational habits. Examples of healthy habits are listed.

THINK WIN-WIN

- Keep promises you make to others
- Do small acts of kindness
- Be loyal
- Stay away from 'a win at any cost' competitive attitude
- Stay away from comparing yourself to others
- Find security with yourself
- Show Gratitude

SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD

- Listen with your eyes, heart and ears
- Apologize when you do something wrong
- Set clear expectations
- Have empathy and show empathy
- Communicate without anger nor accusations

SYNERGIZE

- Celebrate differences
- Do teamwork, be cooperative to get work done
- Follow rules
- Be open-minded
- Find new and better ways to do things

BE HEALTHY

Take care of your mind and body

- Do small and even random acts of kindness (especially when sad)
- Write a thank you note to some one that made a difference for you
- Invite a person sitting alone to join you and your friends
- Be gentle with yourself
- Ask for forgiveness
- Be honest
- Exercise daily
- Stay away from illegal drugs, it is NOT worth it

Renew Yourself

- Sit quietly with yourself, breath deeply,
- Develop a hobby and manage your talent
- Eat well balanced meals and snacks
- Sleep 9-12 hours per night

BE PROACTIVE

- Focus on the single things you can control.
- Forgive
- Have Empathy: take time to listen and understand a person that made you mad or offended you
- Don't let other's bad moods give you a bad mood
- Use the word YET if you can't do something (I can't solve this problem, YET).
- Be slow to anger; Be slow to be offended
- Resist being rude when someone seems rude to you
- Be Grateful

HAVE AND MEET GOALS

Formulate and Record Your Goals

- Think about what you would like to accomplish this week
- Think about how you would like to feel this week
- Think about the kind of person you would like to be this week
- Think about morals you would like to preserve or hold on to week

Use Techniques to Meet Your Goals:

- Resist negative peer pressure
- Don't let your fears make your decisions
- Keep a daily agenda of assignments and homework with due dates.
- Ask, if you have a question (ask for help, seek help, especially if you receive a grade you don't like).
- Keep papers tidy in your binders.
- Do your homework and assignments.
- When you make a promise to yourself, keep it.

BCMA at James D. Ryan Healthy (Good) Habit Challenge: Record Sheet

Choose a new healthy habit you don't do. You may choose from the habit tree and/or your student handbook. Fill out twenty entries for your newly forming habit. Make sure you get a witness each time. Fill out your story (see the bottom of page 2 of the record sheet). Turn in your habit record to Dr. Sweeney for the opportunity to be on the Habit Board and to receive a treat at lunch!

Habit	What exactly you did	Date	Signature of witness (parent, guardian, teacher, leader)
<i>sleep around 10 hours a night</i>	<i>Went to sleep at 8 pm, woke up at 6 am</i>	<i>9.1.18</i>	<i>This row is just an example.</i>

BCMA at James D. Ryan Healthy (Good) Habit Record

Habit	What exactly you did	Date	Signature of witness (parent, guardian, teacher, leader)

Your story (feel free to use the backside of this sheet)

1. Did you experience any challenges (was it hard)?
If so, describe a challenge.

2. Did the habit help?
If so, how?