

MY LOYAL ALLIES

PART V



Worksheet 4

Unless we pause to notice them, our positive habits often go unrecognized. Yet they form the foundation of daily life. Just as a gardener nurtures a plant, we too must tend to the habits we wish to grow—recognizing them, appreciating them, and reinforcing them through intentional action. ● This exercise will help you recognize and strengthen your alliance with the habits that serve you.



What are my daily cleanliness rituals?

What do you do regularly to keep your body, home, and workspace clean and orderly?



Which of my habits support my physical health?

Think about exercise, diet, rest, and other routines that keep your body strong and resilient.



Which practices help me stay calm and centered, even in challenging moments?

Perhaps you use meditation or prayer; physical activity or sports; gardening or walking in nature; talking with a trusted friend or counselor. Any practice that steadies the emotions belongs here.



Which of my habits help me stay focused and creative in my work?

Consider habits that support productivity, concentration, and inspiration. Which practices help you get into the zone for work or creative projects?



Which habits enable me to use my time effectively and stay organized?

Reflect on time-management or organizational habits such as planning, scheduling, or prioritizing tasks. How do they help you stay on track?



Which of my habits contribute to my financial stability and long-term security?

Think about habits related to managing money, budgeting, investing, or sharing resources wisely.



How do my habits nurture my relationships with others?

Identify habits that strengthen your relationships with friends, family, or coworkers. Do you make time for meaningful conversations, shared experiences, or acts of kindness?



What habits help me maintain a dynamic and fulfilling inner life?

Reflect on the routines and choices that make room for spiritual practice and inner growth.

∞ INTERLUDE ∞



APPRECIATION

Before moving on, pause for a moment to appreciate your battalion of trusted allies. Let yourself feel the steadiness and support they bring to daily life. Rest with them for a while and acknowledge the strength they give you. These allies have your back as you prepare, in the next chapter, to come face-to-face with the habits that thwart your progress.