

DEVELOPING WINNING HABITS

CARE Workshop

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HABITS OF THINKING

- VULNERABILITY
- SELF-ESTEEM
- SELF-KNOWLEDGE
- SEL-PRESERVATION



HABITS OF FEELING

- “THE TRIGGERS”
- “THE MESSENGERS”
- “GROUPTHINK GROUP”
- “THE PAST”
- “ACTING THE PART”

HABITS OF ACTING/REACTING

- SELF-EXPECTATIONS
- PRESSURE FROM SIGNIFICANT INDIVIDUALS
- GROUP NORMS
- SOCIETAL EXPECTATIONS

WHO ARE YOU?

“When we seen men of a contrary character, we should turn inwards and examine ourselves.”

Confucius

“Observe all men; thy self most.”

Benjamin Franklin

“Whatever games are played with us, we must play no games with ourselves.”

Ralph Waldo Emerson

“Be yourself. There is no one better.”

Taylor Swift

“BAD HABIT” BUSTERS

- Know what you want.
- Know what you need.
- Goals are very good but “chunk ” them.
- Everything is a process; therefore, it takes time
- Time management is only good when you do not hurt yourself or others.
- Compete with yourself but do not get completely “lost in the forest”.
- “Internal motivations” are not enough.

OPENING THE PANDORA'S BOX

- Are you hiding something that you must address/fix or throw away?



BAD HABITS AND YOU: IMPERFECT TOGETHER!



CHANGE YOUR BRAIN CHANGE YOUR HABITS

- **Moderate Lifestyles (Food, Habits, Dreams)**
- **Avoid Toxic Food, Thoughts, Memories, and People**
- **Focus and pay attention to your goals**
- **Goals are not just for self-preservation**



WHAT'S IN IT FOR ME?

“The best way to find yourself is to lose yourself in the service of others.”

Mahatma Gandhi

“Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.”

Martin Luther King

“The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope.”

President Obama

INDIVIDUAL EXERCISE

QUESTIONS

