Saturday Morning Ritual

Episode 53: It's All The Little Things



What habits that you have were most prevalent this week and how would you describe them?					
When you think about this past week what little things that you did do you think had the					
biggest impact?					
How do you talk to yourself if and when you see an old habit creep back in to your life?					

How do you think that these habits play into your identity and beliefs?					
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