

# *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?**

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**When you think about this past week what little things that you did do you think had the biggest impact?**

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**How do you talk to yourself if and when you see an old habit creep back in to your life?**

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

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If it really is all the little things. What little things sre most important for you to focus on this week?

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