



my homeschool

Year 10B

Winning Habits

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## Introduction to Parents

As our teenage children grow taller than us and are starting to really spread their wings and fly into the exciting prospects ahead of them, taking a moment to remember how much they have learned over all their years of primary and high school gives us a good perspective on just how far they have come so far. We've watched them learn to read, ride a bike, master the symbolic logic of maths and learn about our world through history, geography and much, much more. We see what they are capable of now, with all their skills and abilities and we may marvel at how much they've achieved.

Within the school system, Years 11 and 12 are often highlighted as being a time of great pressure, with many students needing to perform well for their ATAR given competition for university places and future job options. Too often the emphasis is placed on academic achievement alone, rather than seeing, as Charlotte Mason urged, the child as their own person.

In ***Winning Habits*** we offer students a Personal Development resource for one term. It is the only one of its kind in all of our My Homeschool courses. Designed as a bookend as students are completing their studies with us, the intention is that students better appreciate their abilities, strengths, talents and opportunities, and also the best ways they can best support themselves to pursue their goals and dreams. This is a resource where we start from the nuts and bolts of the advantage of using a four-colour pen for their studies (yes, really!), through to knowing how to get the right things done.

We've designed this resource in our signature efficient style:

- First, prepare the student to gain their full attention;
- Next, read a carefully selected text;
- Then explore further resources to extend this topic; and
- Finally, make notes about what they've learned.

As the parent, your role within this is to be their sounding-board and cheerleader, to encourage them to grab the God-given opportunities with both hands, leaning into what is to come. It is our privilege to support and guide them!

I trust that this resource serves to equip them with many practical life skills to take into the next phase of their life and gives you some tips and tricks to help them along the way.

## Welcome to Students

*Do Hard Things: A Teenage Rebellion Against Low Expectations* is a book that was written by nineteen-year-old twin brothers Alex and Brett Harris and is an excellent book recommendation for those teenagers wanting to be inspired to push themselves to achieve all that they can with the skills and talents they have. Some of you may wish to read it. The mission statement for the book came from 1 Timothy 4:12, which, in the NIV translation is:

*Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity.*

The book sets out a vision for teenagers, showing them what other teenagers have accomplished to encourage more to see what they can contribute. It shows what winning habits can achieve by issuing an invitation to teenagers to try what most people don't. In the introduction the Harris brothers write:

*What we are doing is challenging you to grab hold of a more exciting option for your teen years than the one portrayed as normal in society today. This option has somehow gotten lost in our culture, and most people don't even know it. In the pages ahead, you're going to meet young people just like you who have rediscovered this better way – a way to reach higher, dream bigger, grow stronger, love and honour God, live with more joy – and quit wasting their lives.*

My Homeschool is committed to offering high-quality and comprehensive graded courses to help educate and equip students in different facets of their education and we see your personal development and maturation as a critical part of this education. Accordingly, in **Winning Habits** we want to equip you with the tools and strategies you need to do hard things, to succeed, and to face challenges with confidence and skills.

During this term you will learn the art of taking notes efficiently, understanding different personality types (including your own!), good goal setting, how to manage competing priorities and manage your time well, and how to step into leadership roles with assurance and poise. In doing this you will read excerpts from some excellent books and do some work in determining areas you need to personally work on. So, grab a notebook (and a cup of tea or coffee) and be prepared to dive deep into a topic that can help shape a brighter future for you.

## Lesson 3: Good Habits

### Introduction

What good habits do you have? Are you good at keeping your room tidy and have excellent personal hygiene? Do you carefully monitor your mobile phone use? Make a note of the habits you have which you consider to be good.

Alternatively, which habits are you a little embarrassed about? Perhaps you tend to procrastinate, leaving things right to the last minute and need to rush to complete a task? Or maybe you aren't as diligent with your bookwork as you could be? Please make a note of the bad habits you've currently developed, trying to be as specific as possible.

A habit is simply a routine or a behaviour that you do regularly. In many instances, these are simply automatic: we do them without even thinking about it. They are a small but powerful tool to improve the quality of our lives because the quality of our lives often depends upon the quality of our habits. This means that if you identify good and better habits you can achieve good and better results; all through small and consistent wins and progressively addressing our habits and determining if they are ones we wish to continue or whether there are some that we need to break.

### Selected Text

The selected text comes from James Clear's book *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*, published by Random House © 2018.

*It is so easy to overestimate the importance of one defining moment and underestimate the value of making small improvements on a daily basis. Too often, we convince ourselves that massive success requires massive action. Whether it is losing weight, building a business, writing a book, winning a championship, or achieving any other goal, we put pressure on ourselves to make some earth-shattering improvement that everyone will talk about.*

*Meanwhile, improving by 1 percent isn't particularly notable – sometimes it isn't even noticeable – but it can be far more meaningful, especially in the long run. The difference a tiny improvement can make over time is astounding. Here's how the math works out: if you can get 1 percent better each day for one year, you'll end up thirty-seven times better by the time you're done. Conversely, if you get 1 percent worse each day for one year, you'll decline*

*nearly down to zero. What starts as a small win or a minor setback accumulates into something much more.*

*Habits are the compound interest of self-improvement. The same way that money multiplies through compound interest, the effects of your habits multiply as you repeat them. They seem to make little difference on any given day and yet the impact they deliver over the months and years can be enormous. It is only when looking back two, five, or perhaps ten years later that the value of good habits and the cost of bad ones becomes strikingly apparent.*

*This can be a difficult concept to appreciate in daily life. We often dismiss small changes because they don't seem to matter very much in the moment. If you save a little money now, you're still not a millionaire. If you go to the gym three days in a row, you're still out of shape. If you study Mandarin for an hour tonight, you still haven't learned the language. We make a few changes, but the results never seem to come quickly and so we slide back into our previous routines.*

*Unfortunately, the slow pace of transformation also makes it easy to let a bad habit slide. If you eat an unhealthy meal today, the scale doesn't move much. If you work late tonight and ignore your family, they will forgive you. If you procrastinate and put your project off until tomorrow, there will usually be time to finish it later. A single decision is easy to dismiss.*

*But when we repeat 1 percent errors, day after day, by replicating poor decisions, duplicating tiny mistakes, and rationalizing little excuses, our small choices compound into toxic results. It's the accumulation of many missteps – a 1 percent decline here and there – that eventually leads to a problem.*

### **Further Resources**

James Clear's book focuses on how you can make small, slight changes in your life, consolidating good habits and breaking bad habits, to guide your life to a very different destination. It reveals how the accumulation of all those seemingly tiny decisions create your life; the ways in which you can repeat choices and behaviours to build you up (or pull you down). For example, someone who is spending less than they earn each month is setting themselves on a trajectory to save money for their future. A person enjoying regular exercise and making smart eating choices is likely to enjoy good health benefits in the future. Teenagers who choose to read books and learn something new each and every day are establishing good choices about compounding their knowledge and putting themselves on the journey of life-long learning.

The Complementary Links for this lesson provide some excellent resources for being aware of your habits and how to establish good habits, including replacing some bad habits with better choices. Please explore the materials provided, printing out which ones appeal most at the moment and include these in your Notebook.

### Notebooking Your Response

Along with including the completed templates from the Complementary Links into your Notebook please take the time to reflect on the good habits you already have in place, and which habits don't support the trajectory you would like to put yourself on to harness the power of accumulating little improvements over time. Note your bad habits and use the resources provided to reflect on how you can improve these, then make notes about this in your Notebook. Be sure to use the habit tracker so you can see your progress too: being able to see all of these incremental improvements will give you the momentum you need to keep on going!