Habits 01 and 02

Trace each habit back to the job it once did for you, then to how it limits you today.

Habit 01:

Recurring habit / old armor

How this habit tried to protect me in the past

How this armor pinches or limits my life today

Habit 02:

Recurring habit / old armor

How this habit tried to protect me in the past

How this armor pinches or limits my life today

Habits 03 and 04

Trace each habit back to the job it once did for you, then to how it limits you today.

Habit 03:

Recurring habit / old armor

How this habit tried to protect me in the past

How this armor pinches or limits my life today

Habit 04:

Recurring habit / old armor

How this habit tried to protect me in the past

How this armor pinches or limits my life today