

# From Motivation to Habit

*Matthew 28: 19-20*

RESIDENT'S  
CIRCLE





A word cloud centered around the word "habits". The word "habits" is the largest and most prominent, rendered in a light blue color. Other significant words include "control" in white, "life" in purple, "positive" in yellow, and "new" in blue. Smaller words in various colors (green, white, yellow) include "habit", "day", "healthy", "stronger", "past", "negative", "every", "finally", "let", "now", "thoughts", "need", "complete", "always", "overcome", "go", "know", "better", "free", "Today", "way", "easily", "feels", "changing", "body", "change", "impulses", "habitual", "disempowering", "willpower", "limiting", "urges", "live", and "old". The words are arranged in a circular pattern around the central "habits" word.


habit  
positive day healthy new  
stronger past  
negative every finally  
let now thoughts need life  
complete always control free Today way  
overcome go know better easily feels  
changing body change impulses  
habitual disempowering willpower limiting urges  
live old

How does one  
move from  
motivation  
to habit?



Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age.

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