Chapter 4 – How Should I Act?

1. VOCAB _______: an action __________________ so often that it becomes part of one’s ___________ (“First ________ make our ________, then our ________ make ________.”)

2. VOCAB ___________: a good, __________ habit that leads us to ________________________________

3. VOCAB ___________: a bad, __________ habit that leads us to ________________________________

4. VOCAB ___________: what ________ offers to us to help us develop ________ and kick-out __________ (in other words, the courage and strength that we need to be ________ ________ ________ ________, ________. ________ comes especially through the ________ ____________.

5. To become who you __________ to be, you have to __________ being who you __________ to be (“___________ makes ____________ ”).

6. If you want to become your __________, true self (St. ________________), you can’t be a __________ “you” depending on whom you are ________ or __________ you are.
7. Most people today just ______________ through life without ever ______________ about what kind of ______________ God is ___________ them to be. Be ______________ and actually seek God’s ______________ in your life. Then make a ______________ ______________ based off of who you think you are called to be (“If you ______________ to plan, you plan to __________.”).

8. Some good advice for becoming the best version of yourself:

   a. Choose ______________ that are going to help you live like a ______________

   b. Take ______________ of what you ____________, ____________, ____________, ______________, and give your ______________ to.

   c. Ask God, “Who do __________ want me to be?”

   d. Create a ______________ ______________ that you read every day.

   e. Make and write down S.M.A.R.T.
      i. S – ________________  (Make a clear, detailed goal.)
      ii. M – ________________  (Make your goal something you can track the progress of).
      iii. A – ________________  (Make your goal challenging, yet realistic and accomplishable.)
      iv. R – ________________  (Choose a goal that you think would help you be a better person. Don’t base it off of someone else’s life.)
      v. T – ________________  (State exactly when you are going to work on this goal.)

   f. Make a ______________ so that you make better use of your time.

   g. Find some ______________ (in Heaven or on earth) that you would like to model your life off of.