

# BUILDING GOOD HABITS

HAVE YOU EVER WONDERED WHY YOUR PARENTS OFTEN REMIND YOU TO DO THINGS LIKE BRUSH YOUR TEETH, TIDY UP AFTER YOURSELF, OR TO BE KIND AND COURTEOUS? THEY REMIND YOU OF THESE THINGS BECAUSE THEY ARE HELPING YOU TO BUILD GOOD HABITS—HABITS THAT WILL HELP YOU THROUGHOUT YOUR LIFE.

IT MIGHT NOT SEEM IMPORTANT TO BRUSH YOUR TEETH EVERY DAY, BUT THIS IS ONE WAY THAT YOU ARE ALSO LEARNING TO CARE FOR YOUR BODY, WHICH WILL HELP PROTECT YOU FROM SICKNESS OR PROBLEMS. CLEANING UP AFTER YOURSELF IS TEACHING YOU TO BE RESPONSIBLE AND TO CARE FOR WHAT YOU HAVE. AND WHEN YOU ARE REMINDED TO BE KIND AND COURTEOUS, YOU ARE LEARNING TO TREAT OTHERS WITH RESPECT.

BY BUILDING GOOD HABITS IN LITTLE WAYS TODAY, YOU ARE TRAINING YOURSELF FOR THE FUTURE. YOU ARE LEARNING LESSONS THAT WILL BE IMPORTANT ALL THROUGHOUT YOUR LIFE.

