

Habitudes Image 12: Discussion Guide
Shortcut or Second Mile

Name: _____

Circle your course...

APEC 1001 --- AFEE 1001



Read Habitudes for The Journey: Image #12 and consider its application to your own life. Then, in the space provided below, thoroughly respond to the following questions before coming to class next week. *Write legibly and use appropriate grammar, spelling, etc.*

Assess Yourself:

Assess yourself on each continuum below. Be honest as you place an X in the appropriate spot. When finished, discuss how you answered. How could you improve?

A. When I encounter a problem, I tend to:

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FOCUS ON THE PROBLEM ONLY BY INCLUDE OTHERS IN SOLVING THE PROBLEM

B. Left to myself, I am naturally a:

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SHORTCUT PERSON SECOND-MILE PERSON

C. When I am with a group of people, I tend to:

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BECOME SELF-CONSCIOUS AND WITHDRAW LOOK OUTWARD AND SEE HOW I CAN HELP OTHERS

Written Prompts:

1. Do you ever think there is an appropriate time to use a short cut? If so, when?

2. Write a random act of kindness down that is easily doable for you to complete in the next week or so. This might be something that you have to go out of your way for, or go that extra mile. CHALLENGE: Actually go through with it and see what happens.