

THE **BOSS** HAT *Programme*

LOOKING AFTER YOUR HAT

Lesson 2 – Effective Habits

Mentally go through your day and identify the habits that no longer serve you

- 1.
- 2.
- 3.
- 4.
- 5.

What actions could you take to fix these problems?

- 1.
- 2.
- 3.
- 4.
- 5.

NOTES:

A large, empty rectangular box with a black border, intended for taking notes. It occupies most of the page below the 'NOTES:' heading.