

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 167 – Continuously Improve Your Life with Identity

In his book Atomic Habits, James Clear says that habits compound over time, and making small improvements on a daily basis can lead to a significant difference in your life in the long-run. This is the philosophy of continuous improvement.

1) What is something that you want to accomplish or improve in your life?

He says, “Your outcomes are a lagging measure of your habits. So, your net worth today is a lagging measure of your financial habits in the past. Your weight today is a lagging measure of your eating habits.”

2) What are your current outcomes for your goal or the thing you want to improve?

3) What habits (good or bad) have contributed to these outcomes?
