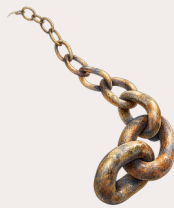


Looking at Everyday Habits

Words to Stay With



Collection 48

10 quotations · English tracing · 14 pages

Making this book yours

Notice what has become familiar before choosing a small action to change.

One sentence at your pace

Look at the illustration, read the quotation, trace the grey models and write in your own hand. Start anywhere. You may skip a line or leave a different thought.

Print and bind

Use A4 portrait at actual size (100%). For double-sided printing, flip on the long edge: seven sheets per book. Single-sided printing uses fourteen sheets. Bind on the left with staples or rings. This file is not imposed for folded booklet printing.

Try one page first

Print page 4 to check the two grey models and guide lines. If they are too faint, turn off toner-saving mode and try normal print quality. The line below should measure 10 mm.

———— 10 mm

The ten quotations

Begin with the quotation that draws you in.

01	Curious things, habits. People themselves never knew they had them.	4
02	How use doth breed a habit in a man!	5
03	Nothing is stronger than habit.	6
04	Chains of habit are too light to be felt until they are too heavy to be broken.	7
05	It is easier to prevent bad habits than to break them.	8
06	Cleanliness and order are not matters of instinct; they are matters of education, and like most great things, you must cultivate a taste for them.	9
07	When you have faults, do not fear to abandon them.	10
08	Well done is better than well said.	11
09	Only actions give life strength; only moderation gives it a charm.	12
10	Employ thy time well, if thou meanest to get leisure.	13

Curious things, habits. People
themselves never knew they had them.

Agatha Christie



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Curious things, habits.

People themselves never knew they had them.

How use doth breed a habit in a man!

William Shakespeare



How use doth breed a habit in a man!

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How use doth breed a habit in a man!

How use doth breed a habit in a man!

Nothing is stronger than habit.

Ovid



Nothing is stronger than habit.

Nothing is stronger than habit.

Nothing is stronger than habit.

Nothing is stronger than habit.

Nothing is stronger than habit.

Nothing is stronger than habit.

Chains of habit are too light to be felt
until they are too heavy to be broken.

Warren Buffett



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until they are too heavy to be broken.

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Chains of habit are too light to be felt
until they are too heavy to be broken.

It is easier to prevent bad habits than to break them.

Benjamin Franklin



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It is easier to prevent bad habits than to break them.

It is easier to prevent bad habits than to break them.

It is easier to prevent bad habits than to break them.

Cleanliness and order are not matters of instinct; they are matters of education, and like most great things, you must cultivate a taste for them.

Benjamin Disraeli



Cleanliness and order are not matters of instinct;
they are matters of education, and like most great things,
you must cultivate a taste for them.

Cleanliness and order are not matters of instinct;
they are matters of education, and like most great things,
you must cultivate a taste for them.

When you have faults,
do not fear to abandon them.

Confucius



When you have faults, do not fear to abandon them.

When you have faults, do not fear to abandon them.

When you have faults, do not fear to abandon them.

When you have faults, do not fear to abandon them.

When you have faults, do not fear to abandon them.

When you have faults, do not fear to abandon them.

Well done is better than well said.

Benjamin Franklin



Well done is better than well said.

Well done is better than well said.

Well done is better than well said.

Well done is better than well said.

Well done is better than well said.

Well done is better than well said.

Only actions give life strength;
only moderation gives it a charm.

Jean Paul Richter



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Employ thy time well,
if thou meanest to get leisure.

Benjamin Franklin



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After the last word,
your own words continue.

What is one habit to keep and one habit you would like to change?

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