habits of a beginner

HarperChristian Resources

habit 1 – be a noticer.

Listen to your body, listen to your feelings—especially the ones you want to push away or ignore. Pay attention to the world around you, observing everything.

habit 2 – practice healthy rhythms.

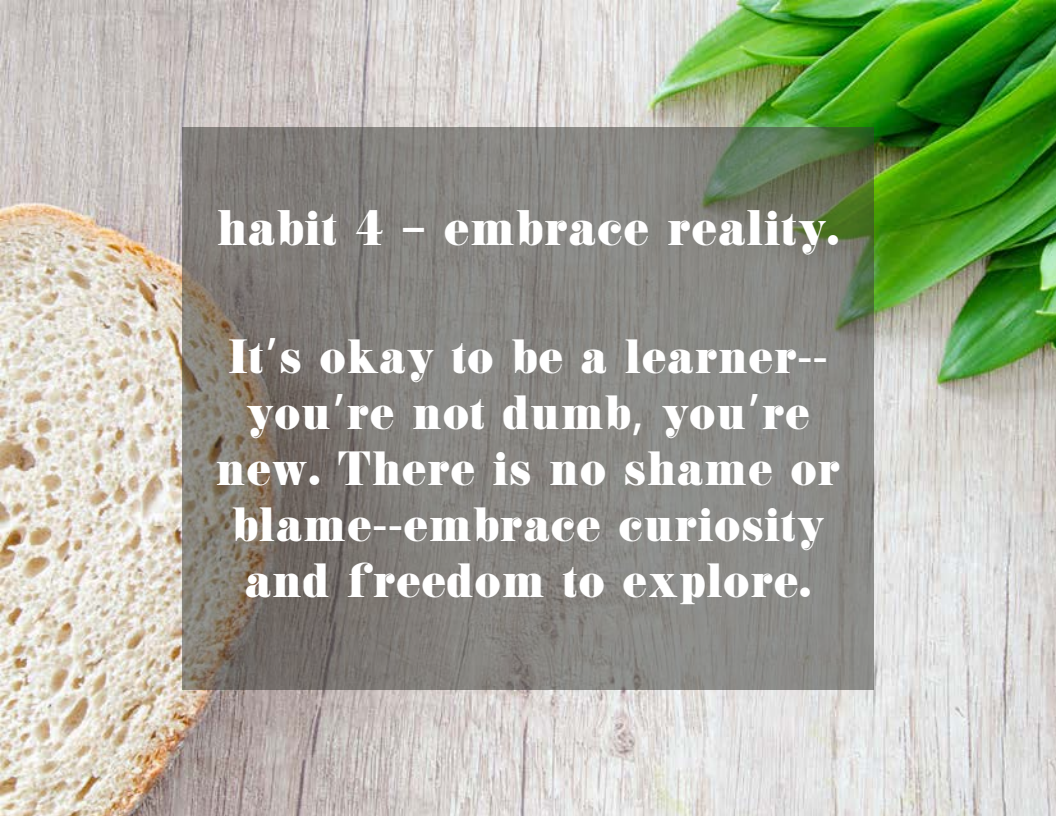
Build rhythms of health and faith and grounding-- what are some daily ways of living that allow your best self to emerge?





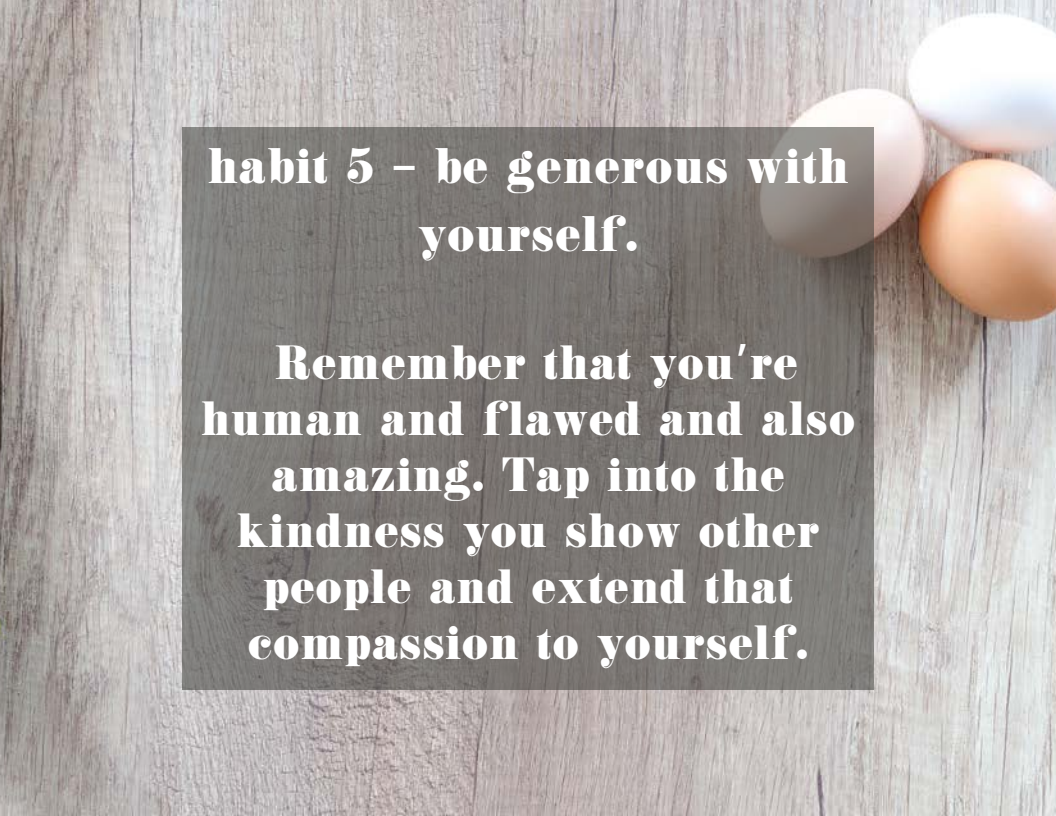
habit 3 - help someone.

Be on the lookout for opportunities to extend kindness, compassion, and grace--both when it is easy and when it's really difficult.



habit 4 – embrace reality.

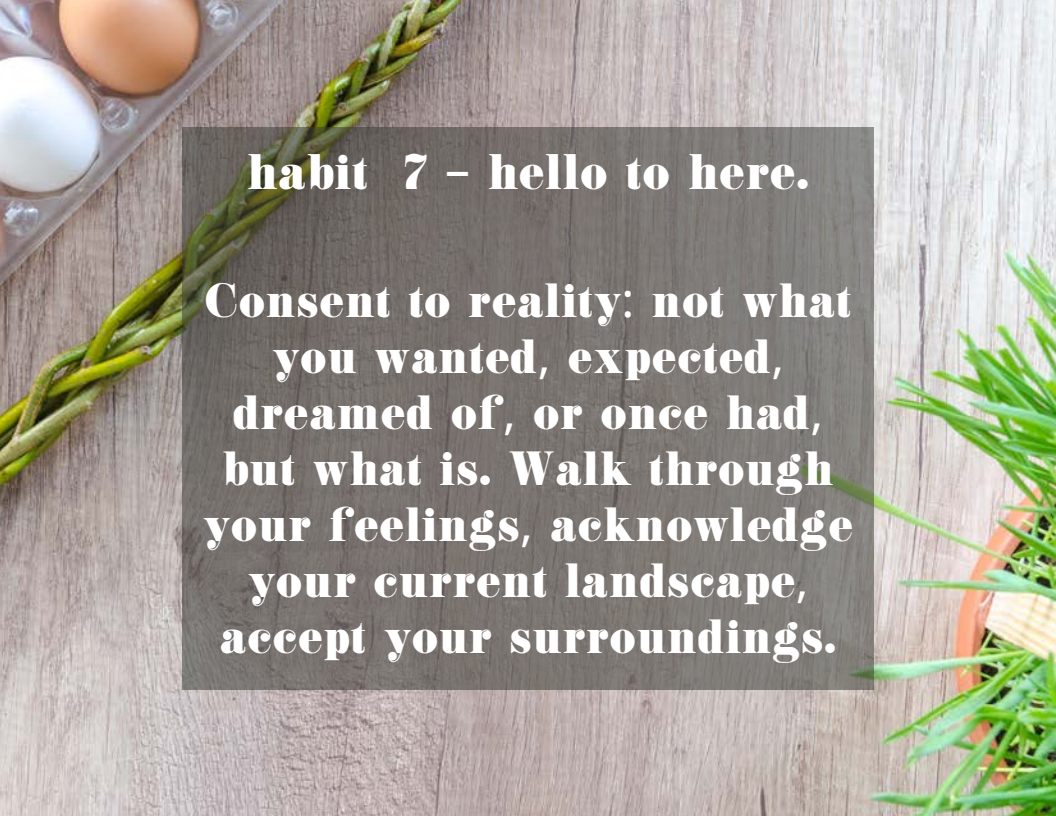
It's okay to be a learner--you're not dumb, you're new. There is no shame or blame--embrace curiosity and freedom to explore.


habit 5 – be generous with yourself.
Remember that you're human and flawed and also amazing. Tap into the kindness you show other people and extend that compassion to yourself.

habit 6 – find lifelines of hope.

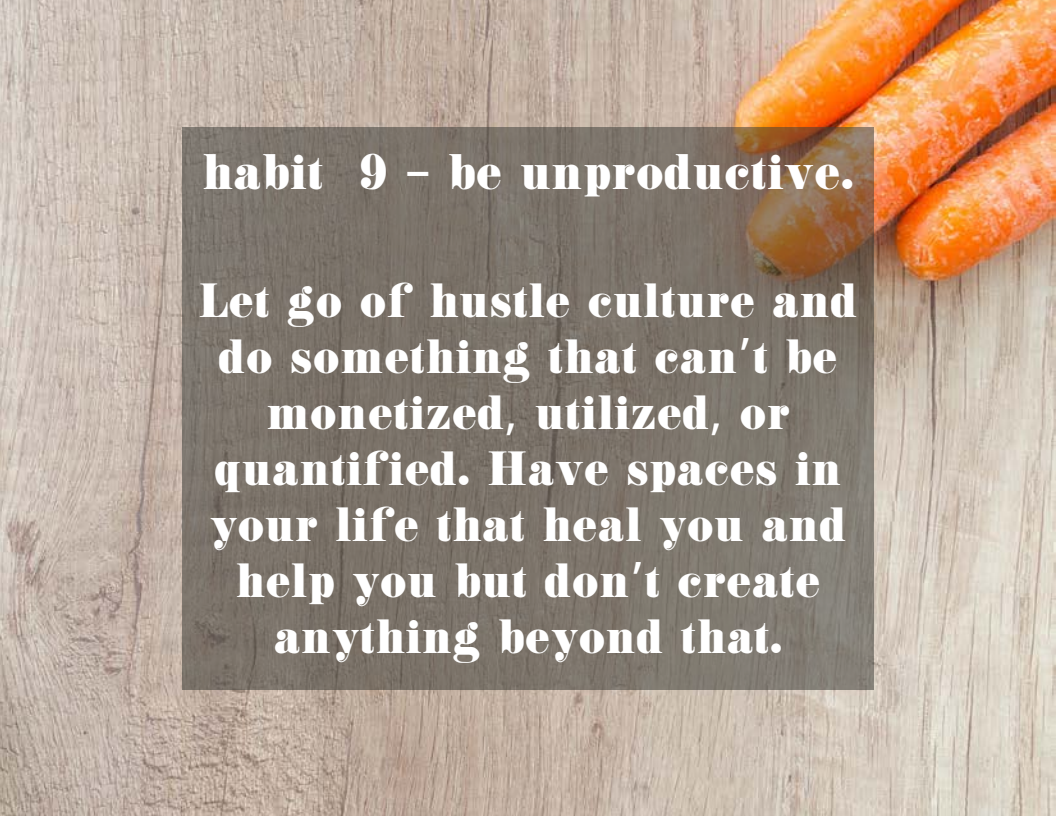
In moments of change and chaos, remind yourself of the constants in your life that spark hope and faith. Hold onto these tightly.




habit 7 – hello to here.
Consent to reality: not what you wanted, expected, dreamed of, or once had, but what is. Walk through your feelings, acknowledge your current landscape, accept your surroundings.

habit 8 – unbelonging.

Practice trusting yourself. Learn to belong to yourself. Belonging to something larger is lovely, but it's not for every season.


habit 9 – be unproductive.
Let go of hustle culture and do something that can't be monetized, utilized, or quantified. Have spaces in your life that heal you and help you but don't create anything beyond that.



habit 10 – practice gratitude.

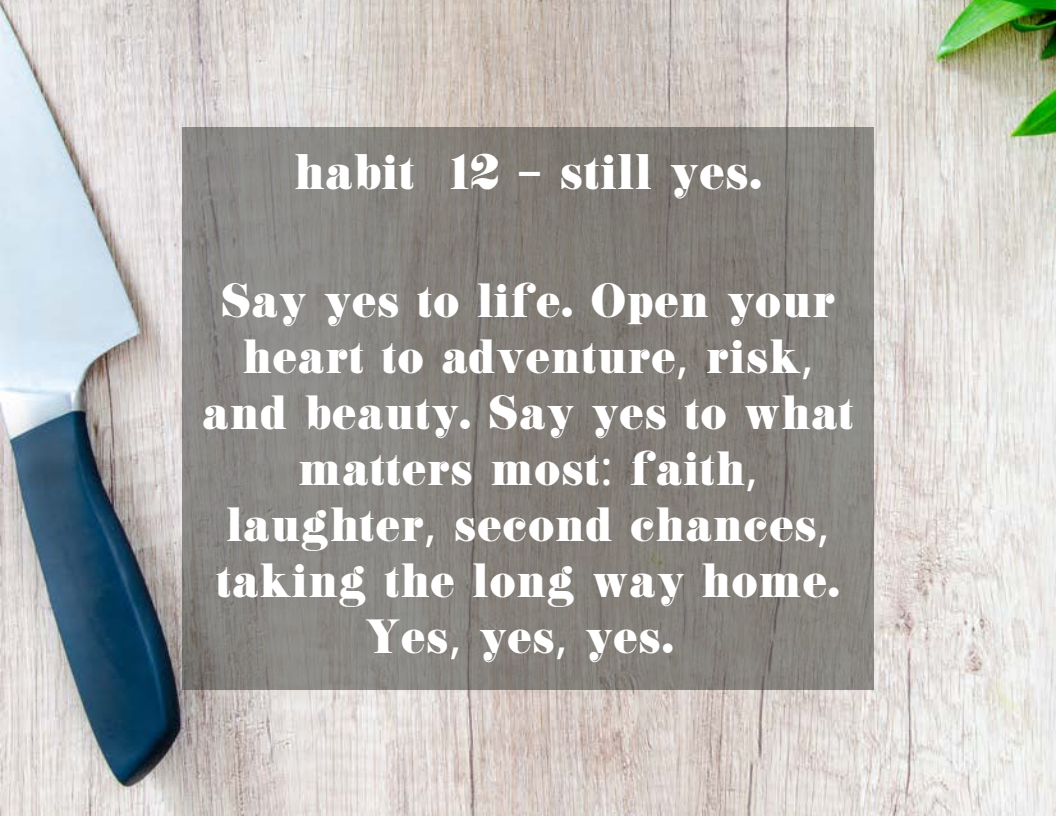
Recall those things that make gratitude bubble up in you. Write down the goodness—in little and big ways--that permeates your life.

habit 11 – put yourself in the path of joy.

Build a shelter for yourself out of what you love, what ignites joy in your life. Allow yourself to delight in whatever nourishes your soul.






habit 12 – still yes.
Say yes to life. Open your heart to adventure, risk, and beauty. Say yes to what matters most: faith, laughter, second chances, taking the long way home. Yes, yes, yes.

habits taken from
shauna niequist's
book and video study

i guess i haven't learned that yet

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