



Power Habits

1. A-Z of habits

What you need

- Paper
- Pen

How to play

1. Write down the alphabets from A-Z
2. Try to fill the sheet from A -Z with different good habits that people practice
3. The most diverse ones get a round of applause.
4. The sheet with the maximum entries from as many people as possible deserves special mention.

2. Habits: To be broken and replaced

What you need

- Paper
- Pen

How to play

1. List down at least 2 habits you are trying to break-how long have you had it for, have you tried breaking it before, what is holding you back
2. List down 2 habits you want to cultivate- what discipline should you practice, have you tried what prevents you from enforcing it.
3. Share aloud and ask for 3 suggestions each to implement the good habit and 3 suggestions to break the habit.
4. Encourage one another.

Note: It takes 21 days to make/break a habit, so do not be discouraged if you don't see an immediate transformation. Keep it at it! You are one day closer to victory.

Coffee talk



3.

Are you eating right?

What you need?

- Paper
- Pen

How to play

1. Read the questions aloud and ask participants to write Yes/ No against every answer.
2. Read out the answers and ask them to tally their scores.

Questions:

1. Do you skip breakfast?
2. Do you eat at least 2 portions of vegetables every day?
3. Do you eat at least 4 fresh fruits in a week?
4. Do you drink at least 6 glasses of water a day?
5. Are you conscious of the nutrition value of the food you eat?
6. Do you eat a lot of fried items and drink a lot of fizzy drinks?
7. Do you prefer eating out to home cooked food.
8. Do you want to start eating healthy food?

3. Is your glass half full or half empty?

What you need?

- Paper
- Pen

How to play

1. Read the questions aloud and ask participants to write O for Optimist/ P for Pessimist against every answer.
2. Read out the answers and ask them to tally their scores.

Questions

Coffee talk



1. Life is good!
2. I will be stuck in this rut forever. Nothing will change.
3. God will surely help me.
4. I will never lose weight.
5. Everything will turn out well in the end,
6. Now, from your life write down 2 statements that are optimistic and 2 that pessimistic. Think of how often you use these statements and in what context.