

## Lesson #2 - The Compound Effect

**Lesson Objective:** In this lesson we will discover the important formula of Darren Hardy's "Compound Effect" and understanding that habits (good or bad) done consistently over time will equal great success or dramatic failure. We all want to be successful right? Let's develop some great habits!

*Smart Habits + Consistency + Time = Success*

*Bad Habits + Consistency + Time = Failure*

**Smart Habits:** A settled or regular routine that serves others, betters yourself and is positive in nature.

**Bad Habits:** A decision or routine that does not lead to a positive outcome. Bad choices may negatively affect other people and yourself.

**Consistency:** Repeating habits constantly and regularly, not sporadically.

**Time:** Over a specific time frame. A day, a week, a month, a year.

**Success:** Achieving the goal.

**Failure:** Not achieving the goal.

Habits are what we repeatedly do and some are good and some are bad. Habits stick like glue and sometimes are really hard to break or start but you can be strong and start good habits or break the bad habits. Research says it takes 21 days to create a new habit!

### Good habits are:

- ★ Planning ahead
- ★ Being kind, generous and nice to people
- ★ Exercising and eating right
- ★ Good manners and respect to other people



### Bad habits are:

- ★ Procrastinating
- ★ Lying or exaggerating the truth
- ★ Eating junk food
- ★ Gossiping about other people



## TAKE ACTION

Watch *Compound Effect* video and answer questions in the spaces below and discuss with your group:

**List 3 good habits you have:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**List 3 bad habits you have:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Why is it important to develop good habits?"** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**How many days to make a new habit?** \_\_\_\_\_

**List 1 good habit you need to start in your life:** \_\_\_\_\_

### IN CLASS ACTIVITY

On a piece of paper or on a white board in the classroom play with examples of the *Compound Effect* formula. Insert good and bad habits into the *Compound Effect* formula and discuss:

- ★ Example: Doritos + Eaten everyday + For 1 year= Getting overweight, low energy, bad teeth
- ★ Example: Apples + Eaten everyday + For 1 year= Fit and trim, higher energy, pretty skin

**Identify 1 goal you want to achieve this year:** \_\_\_\_\_

**What are 3 habits that you can commit to for 1 month (21 days minimum) to achieve this goal?**

- 1.
- 2.
- 3.

### HOMEWORK

**21 Day Habit Challenge:** Each student receives 4 Weekly Habit Tracking worksheets. List 3 habits that you are trying to break or create over a period of 4 weeks. Fill out this worksheet every Sunday night with the same habit each week. Set your goal at the beginning of the week and your achieved goal at the end of the week. The net is the difference between the set goal and the achieved goal.



Week 1

WEEKLY HABIT TRACKING WORKSHEET

List Habit	MON	TUE	WED	THU	FRI	SAT	SUN	ACHIEVED	GOAL	NET
#1										
#2										
#3										
<b>TOTAL</b>										

List 3 habits that you are trying to break or create over a period of 4 weeks. Fill out this worksheet every Sunday night with the same habit each week. Set your goal at the beginning of the week and your achieved goal at the end of the week. The net is the difference between the set goal and the achieved goal.





## Week 2

# WEEKLY HABIT TRACKING WORKSHEET

List Habit	MON	TUE	WED	THU	FRI	SAT	SUN	ACHIEVED	GOAL	NET
#1										
#2										
#3										
									<b>TOTAL</b>	

List 3 habits that you are trying to break or create over a period of 4 weeks. Fill out this worksheet every Sunday night with the same habit each week. Set your goal at the beginning of the week and your achieved goal at the end of the week. The net is the difference between the set goal and the achieved goal.



Week 3

WEEKLY HABIT TRACKING WORKSHEET

List Habit	MON	TUE	WED	THU	FRI	SAT	SUN	ACHIEVED	GOAL	NET
#1										
#2										
#3										
<b>TOTAL</b>										

List 3 habits that you are trying to break or create over a period of 4 weeks. Fill out this worksheet every Sunday night with the same habit each week. Set your goal at the beginning of the week and your achieved goal at the end of the week. The net is the difference between the set goal and the achieved goal.





# Week 4 WEEKLY HABIT TRACKING WORKSHEET

List Habit	MON	TUE	WED	THU	FRI	SAT	SUN	ACHIEVED	GOAL	NET
#1										
#2										
#3										
									<b>TOTAL</b>	

List 3 habits that you are trying to break or create over a period of 4 weeks. Fill out this worksheet every Sunday night with the same habit each week. Set your goal at the beginning of the week and your achieved goal at the end of the week. The net is the difference between the set goal and the achieved goal.