



Why can't  
I seem to overcome  
my old habits?

## ACTION PLAN

# Why can't I seem to overcome my old habits?

Their deeds do not permit them to return to their God.  
For the spirit of whoredom is within them, and they know not the LORD.

**HOSEA 5:4**

Habits are formed through a process of DISCOVERY, DESIRE, DECISION, DELIGHT and DEVOTION. The secret to creating the right habits in your life is to continuously discover the right things, desire them, decide to want them, delight in them and be devoted to them.

1. What habits would you like to form this year? How can you begin a process of DISCOVERY, DESIRE, DECISION, DELIGHT and DEVOTION to build those habits in your routine?

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2. What habits do you currently have, run the opposite direction from the ones that you want to build? How will you weed them out of your life?

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