

# WORKSHOP #1 - LIFE CHANGING HABITS

A Framework to reduce the **GAP** between **KNOWLEDGE** & **HABIT**

## #1 SERVICE TO PARENTS

WHAT KIND OF HARDWORK DO YOUR PARENT DO TO GIVE YOU BRIGHT FUTURE ?

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WHEN DID YOU SERVE YOUR PARENT/GRANDPARENT SELFLESSLY, TIMELY & NEATLY? WRITE 3 INCIDENTS

| Service to Parent  | Service to Grandparent |
|--|------------------------|
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|  |                        |
| <b>What was the level of joy, happiness &amp; satisfaction after the selfless service to parents ?</b> |                        |
|  |                        |

WRITE ANY 2 WAYS FOR EACH...

| How will you serve you parent selflessly, timely & neatly? | How will you serve you grandparent selflessly, timely & neatly? |
|--|---|
|  |   |
|  |   |

**How will you make your parents feel proud of you ?**

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**#2 SAVE NATURAL RESOURCES****THINK & THANK**

How much process does water take to reach from nature to home ?

How much process does food take to reach from farm to home ?

How much process does electricity take to reach to home ?

**WHAT WILL YOU DO TODAY ONWARDS ?**

How will you save water in your day-to-day life ?

How will you save food in your day-to-day life ?

How will you save electricity in your day-to-day life ?