



MESI Moments

#OneTeam,

There is a poster that reads, *"How to improve a skill: Practice, Practice, Practice, Keep Showing Up, Practice, Practice, Practice, Celebrate the Wins, Practice, Practice, Practice, Repeat from top."*

In the same way that we can multiply our savings through investing or get in shape through regular exercise, the effectiveness of our habits is a lot like compound interest. Steady, intentional action over time leads to thriving more often!

Thriving | the outcome of aligning your time and money with your values, passions, and purpose.

MESI Practice | The Power of Habits For Thriving More Often

Developing a new habit requires both intention and attention to get results. Here are three steps to get you started:

1. **Get clear on your 'why'** | Understanding how this habit supports aligning your time and money with your values, passions, and purpose increases motivation.
2. **Use 'Temptation Bundling'** | Combining an activity you need to do with an activity you want to do can help you get started.
(e.g., You need to walk the dog - You want to improve your throwing skills - You place a tennis ball next to the dog leash and walk to a park where you can throw the ball to your dog).
3. **Leverage your community** | Sharing new habit goals with someone can help you stay accountable to yourself.