



Habits for Hearts + Homes



Name: _____

Month: _____

Choose 2-5 habits to focus on this month. There are 4 weeks to track each habit.

Color in a box or check off each day you practice them each week.

Habit Name	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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4	☐	☐	☐	☐	☐	☐	☐
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5	☐	☐	☐	☐	☐	☐	☐
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Consistency matters more than perfection. Small steps shape big hearts.

5 Character Conversation Starters

Talk About It: Growing Character Together



Each prompt can go on a half-sheet or be cut into cards for your Morning Basket.



Conversation Starter 1:

♥ **Kindness** – “Can you think of a time someone showed you kindness? How did it make you feel? How can we show kindness this week?”

KINDNESS



♥ Kindness

"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."
Ephesians 4:32

Conversation Starter 2:

🌱 **Patience** – “What is something that’s hard to wait for? How can we practice waiting with a good attitude?”



🌱 Patience

"And let us not be weary in well doing: for in due season we shall reap, if we faint not." Galatians 6:9



Conversation Starter 3:

🌸 **Gratitude** – “Name three things you’re thankful for today. Why do you think gratitude matters to God?”



🌸 Gratitude

"In every thing give thanks: for this is the will of God in Christ Jesus concerning you." 1 Thessalonians 5:18

Conversation Starter 4:

🌸 **Forgiveness** – “Has someone ever apologized to you? How did it feel to forgive them? Why do we forgive even when it’s hard?”



🌸 Forgiveness

“Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.” Colossians 3:13



Conversation Starter 5:

👉 **Serving Others** – “Who could we help or encourage this week? What small act of service could we do as a family?”



👉 Serving Others

"For even the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many."
Mark 10:45