



SSSIO-USA National SSE Enrichment **(Who's Driving, SSE Group 1)**

July 17, 2021

Swami Says...



The hundred little deeds that we indulge in every day harden into **habits**; these habits shape the intelligence and mould our outlook and life.... By conscious effort, habits can be changed and character refined.

- Prema Vahini, Part 1



Creating a Life Application – H.A.B.I.T.S



H	Hands on Human Values
A	Age Appropriate
B	Beneficial
I	Involves Parents
T	Trackable Over Time
S	Connected to Spiritual Principle

H.A.B.I.T.S



■ H for Hands-on Human Values

- Pick one Human value - Truth, Right Action, Peace, Love, and Non - Violence and let the student practice it for a fixed amount of time.
- Could involve a sub-value
- Quantifiable, measurable, reportable, perceivable

■ A for Age Appropriate

- Start with something simple and doable.
- Cascading allows for consistency over time.
- Should be quantifiable and reportable.



H.A.B.I.T.S

■ B for Beneficial

- Useful to self, family and/or society
- A beneficial life application should be directed towards self-improvement typically outside the classroom.
- Can be challenging at first but should lead to self-regulation over time.

■ I for Involve Family

- Parents, grandparents, siblings – when they also participate, monitor, guide – it becomes easier for the student to practice
- There is accountability built in
- One more touch point for the SSE Guru and Parents to connect on.
- Get feedback from parents
- Involving families helps to bring out ideas
- Be consistent

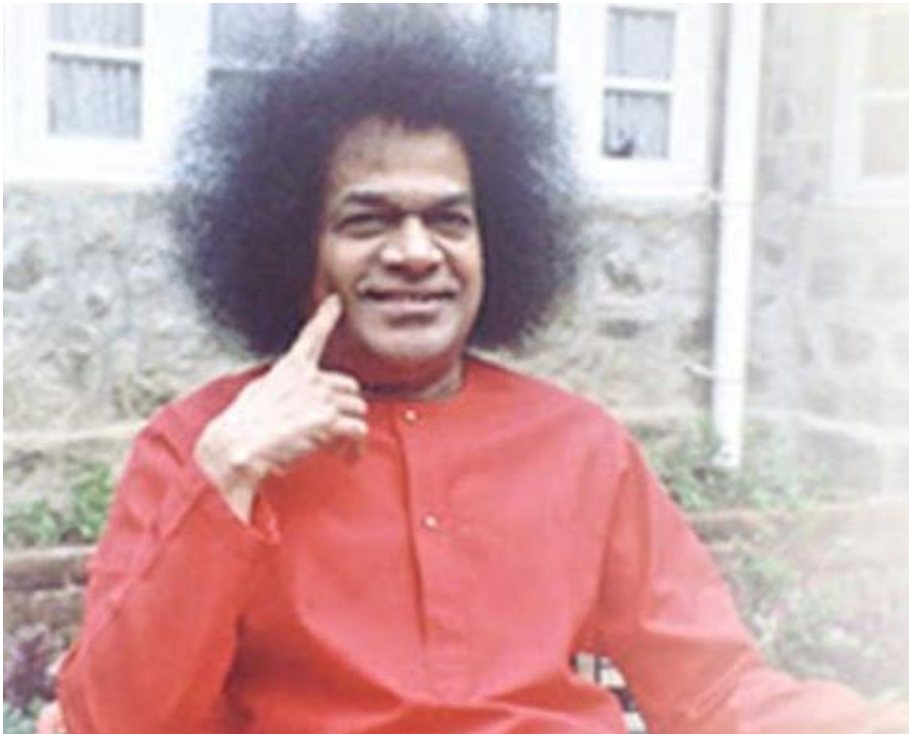
H.A.B.I.T.S



- **T** for **Trackable Over Time**
 - It takes several days for a sadhana to become a habit
 - Use a Spiritual Sadhana dairy or even a simple checkbox sheet (stuck on the fridge with a magnet)
 - It takes several days for it to become a Habit, be patient.

- **S** for **Connected with the Spiritual Principle**
 - This is assured – when we base life applications on human values and Swami’s teachings.

Swami Says ...



BREAKOUT ROOM



TASK 1

- Your facilitator will share the lesson plan given to you in your breakout room
- In 30 minutes, you will have to:
 - Create one or more Life Application using the acronym H.A.B.I.T.S.
 - If time permits, come up with another value/sub value for the same story and develop another Life Application.
 - Record your life application in the given form - <https://tinyurl.com/SSE-Life-Application>

BREAKOUT ROOM



TASK 2

- As a group be prepared to present:

⑩ The life application you developed [1 sentence max]

OR

⑩ How the life application applies to the acronym H.A.B.I.T.S. [1 sentence max]

⑩ Any one challenge that was encountered during this activity [1 sentence max]



Breakout Room

(Time available: 30 minutes)

Please note: You will come back to this room

Reflections and Commitment



- Invite reflections and commitment from participants



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