



© 2020 Growing Leaders.
All Rights Reserved.



TRAINS & TRACKS

[STRUCTURE]

Think about a train moving along tracks. It would be easy to assume the tracks prevent the train from moving freely, but it's just the opposite. The tracks give the train focus and direction. A train without tracks is just a disaster waiting to happen. You are just like this train. If you want to move forward you'll need structures and systems to keep you on track and help you make progress.

While they don't allow trains to go anywhere they want, railroad tracks actually help the engineer get to the right destinations more swiftly and without accident. They are a system to enable a train to reach its goal the best way possible. They don't hinder, they help.



MAKING TRACKS

Want to understand the power of routine habits? Ask any virologist during the COVID-19 outbreak. When each of them is asked what to do to stop the pandemic, their number one answer is very simple: wash your hands. In fact, simply washing your hands several times a day for 20 seconds can [majorly slow](#) the spread of disease. This is colloquially known as "[Flattening the Curve](#)." Isn't it amazing how a small and simple practice like washing your hands can make all the difference? The same thing is true in our daily routines.

Sometimes, the difference between a bad day and a good day is as simple as whether or not you made your bed, read something positive or used your creativity to make something. Positive and intentional habits like these are the key to a better life. So, what kinds of tracks are you building in your life?



Tik Tok Hand Washing Video

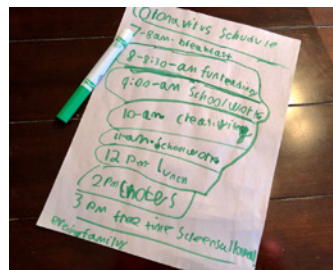
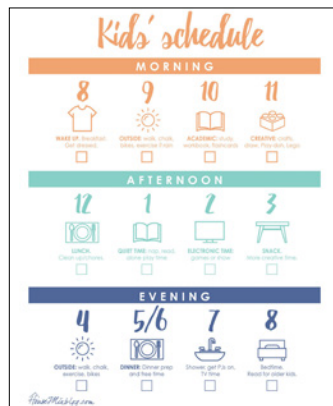
When Vietnam made a [catchy Handwashing PSA](#), it was turned into a [viral Tik Tok sensation](#). Have your family make your own hand washing video and post it with the hashtag **#HabitudesHomeChats** for a chance to be featured on the **Growing Leaders Instagram @growingleaders**

FAMILY ACTIVITY

Using a white board, brainstorm a family schedule during the time you will be home.

Then, have each family member create their own daily schedule. Give time blocks for things such as "chores," "creative time," "reading" or "exercise."

After creating your schedules, stick to them daily & have ongoing conversations about what works, what doesn't & what is important about keeping a regular schedule, even while staying at home.



Click [here](#) for additional ideas for creative and educational ways to stay busy at home

DISCUSSION QUESTIONS

1. Why are structures and systems so important for our daily life?
2. What is the cost of living without structure? How could a lack of structure potentially derail you from getting to your goals?
3. What can you start doing today to create more structure in your home?