

Changing habitsIndividually, write down the habits that you believe you should do less of, and the five you feel are most important to do more of, to become more effective as an GCE. Then, start to identify what actions will enable you in achieving this transformation.

What current habits do I want to stop, or do less of? It may be useful to think back to what you previously identified as your weaknesses.	What habits do I want to develop, or do more of? It may be useful to refer to the skills and attitudes cards at this point.	What do I need to do, or to learn, to make this transformation happen? Think about how you might learn or rehearse this habit, is it skill or attitude based? Where and when might you be able to try this? What might be the first step to take?