

#leadfromwithin

Transcript from March 15, 2011

Lolly Daskal with Guest Host @StrategicMonk

March 15, 2011

- [7:58 pm](#) **[helenantholis](#)**: [@john_paul](#) [@waynemcevilly](#) Welcome, Wayne. Hi John Paul~!! [#leadfromwithin](#)
- [7:58 pm](#) **[john_paul](#)**: [@heart_path](#) My join late... < - will be good to see you! [#leadfromwithin](#)
- [7:58 pm](#) **[lollydaskal](#)**: Tonights Topic: Habits. Welcome Everyone! So glad you can join us. This is a community where we engage, empower & encourage [#leadfromwithin](#)
- [7:58 pm](#) **[CupcakeCrayons](#)**: RT [@lollydaskal](#): join us in five minutes as we tweekat at [#leadfromwithin](#) with my co host [@StrategicMonk](#) Topic: Habits [#leadfromwithin](#)
- [7:59 pm](#) **[helenantholis](#)**: [@heart_path](#) We'll miss you :-) Enjoy the fpmily. ' [#leadfromwithin](#)
- [7:59 pm](#) **[dave_carpenter](#)**: RT [@worksmarta](#): It's almost time for [#leadfromwithin](#) chat! Come join for a heartfelt discussion with smart people [#leadfromwithin](#)
- [7:59 pm](#) **[dapancost](#)**: [@heart_path](#) Will miss you Sharon. Hope you can join late. If not, then see you next week. :-) [#Leadfromwithin](#)
- [7:59 pm](#) **[lollydaskal](#)**: So glad to see you all [@helenantholis](#) [@john_paul](#) [@waynemcevilly](#) [#leadfromwithin](#)
- [7:59 pm](#) **[lollydaskal](#)**: [@heart_path](#) you will be missed. [#leadfromwithin](#)
- [7:59 pm](#) **[evonbiondi](#)**: RT [@lollydaskal](#): Tonights Topic: Habits. Welcome Everyone! So glad you can join us. This is a community where we engage, empower & encourage [#leadfromwithin](#)
- [7:59 pm](#) **[BunnyMellon](#)**: RT [@lollydaskal](#): Tonights Topic: Habits. Welcome Everyone! So glad you can join us. This is a community where we engage, empower & encourage [#leadfromwithin](#)
- [7:59 pm](#) **[john_paul](#)**: [@helenantholis](#) Welcome, Wayne. Hi John Paul~!! [#leadfromwithin](#) <- Hi Helen! [#leadfromwithin](#)

March 16, 2011

[lollydaskal](#): Hello everyone. Welcome Greg [@strategicMonk](#) and the [#leadfromwithin](#) family. So glad you can join us.

[lollydaskal](#): welcome my friend. [@dave_carpenter](#) <smart man [#leadfromwithin](#)

[waynemcevilly](#): [@helenantholis](#) Thank you for the kind welcome / [#leadfromwithin](#)

[growinggold](#): Join in 5pmPT; 8pmET =NOW! RT [@worksmarta](#) It's almost time for [#leadfromwithin](#) chat! Come join for a heartfelt discussion with smart people

[helenantholis](#): [@lollydaskal](#) Hi Lolly. Glad to be here [#leadfromwithin](#)

[Robinbela](#): I'll be participating in the [#leadfromwithin](#) chat. Come join me!

[CoachFloSchell](#): [@dave_carpenter](#) [#leadfromwithin](#) Signing on, Dave!

[dapancost](#): Hi, Lolly and everybody. [@dapancost](#) checking in to [#Leadfromwithin](#). Glad to be here.

[dave_carpenter](#): RT [@LollyDaskal](#): welcome my friend. [@dave_carpenter](#) <smart man [#leadfromwithin](#) <Delighted to be w/ you and other friends

[growinggold](#): greetings [#leadfromwithin](#) ~ just arrived - yeah!

8:01 pm **[StrategicMonk](#)**: Hello, everyone. Q9: What are habits? [#leadfromwithin](#)
[#leadfromwithin](#)

8:01 pm **[lollydaskal](#)**: [@dapancost](#) great to see you tonight. it will be a lively discussion for sure. [#leadfromwithin](#)

8:01 pm **[Robinbela](#)**: hi everyone! [#leadfromwithin](#)

8:01 pm **[lollydaskal](#)**: RT [@StrategicMonk](#): Hello, everyone. Q9: What are habits?
[#leadfromwithin](#) [#leadfromwithin](#)

8:02 pm **[waynemcevilly](#)**: Good to be here & "see" you both! RT [@helenantholis](#) [@john_paul](#)
[@waynemcevilly](#) Welcome, Wayne. Hi John Paul~!! [#leadfromwithin](#)

8:02 pm **[lollydaskal](#)**: A9: Habits are actions done on a regular basis [#leadfromwithin](#)

8:02 pm **[Cybuhr](#)**: A9: Internalized behaviors. [#leadfromwithin](#)

8:02 pm **[lollydaskal](#)**: A9: A habit is : An action performed repeatedly and automatically, usually without awareness [#leadfromwithin](#)

8:03 **[My_WebEvent](#)**: Hello Everyone! This is Steph with My_WebEvent. Looking forward

[pm](#) to tonight's [#leadfromwithin](#)

[8:03 pm](#) [dapancost:](#) A9: Repeated activities done often unconsciously and triggered by external or internal stimulus. [#Leadfromwithin](#) (Sorry!)

[8:03 pm](#) [lollydaskal:](#) RT @Cybuhr: A9: Internalized behaviors. [#leadfromwithin](#)

[8:03 pm](#) [earthliz:](#) Joining [#leadfromwithin](#) chat tonight hosted by @StrategicMonk

[8:03 pm](#) [lollydaskal:](#) A9: Habits are something that we all have, many of them are actions that we take for granted, and do without thinking about [#leadfromwithin](#)

[8:03 pm](#) [growinggold:](#) RT @LollyDaskal Tonights Topic: Habits. Welcome! So glad u can join This is a community where we engage, empower & encourage [#leadfromwithin](#)

[8:03 pm](#) [mylovely75me:](#) RT @lollydaskal: Hello everyone. Welcome Greg @strategicMonk and the [#leadfromwithin](#) fpmily. So glad you can join us.

[8:03 pm](#) [helenantholis:](#) A1. Habits are ways we get through life, hopefully after they've been deemed appropriate! [#leadfromwithin](#)

[8:03 pm](#) [lollydaskal:](#) Welcome Steph RT @My_WebEvent: Hello Everyone! [#leadfromwithin](#)

[8:03 pm](#) [worksmarta:](#) A9: A habit is an involuntary behavior that has become customary. (hi everyone! Diana here) [#leadfromwithin](#)

[8:03 pm](#) [EdwardColozzi:](#) Perhaps habits evolve from behaviors we believe meet our needs. [#leadfromwithin](#)

[8:04 pm](#) [growinggold:](#) RT @StrategicMonk Hello, everyone. Q9: What are habits? [#leadfromwithin](#)

[8:04 pm](#) [dapancost:](#) A9: Habits can also be ways of thinking. (fpmiliar with "the box"? ;-)
[#Leadfromwithin](#)

[8:04 pm](#) [john_paul:](#) Q9: What are habits? A9: habits are learned memory patterns. [#leadfromwithin](#)

[8:04 pm](#) [CupcakeCrayons:](#) RT @lollydaskal: In 2o minutes [#tweetchat](#) [#leadfromwithin](#) with my co host @StrategicMonk Topic: Habits

[8:04 pm](#) [Cybuhr:](#) w/o awareness, that's key! RT @lollydaskal: A9: An action performed repeatedly and automatically, usually without awareness [#leadfromwithin](#)

[8:04 pm](#) [helenantholis:](#) RT @worksmarta: A9: A habit is an involuntary behavior that has become customary. (hi everyone! Diana here) [#leadfromwithin](#)

[8:04 pm](#) [lollydaskal:](#) HI Diane! RT @worksmarta: A9: A habit is an involuntary behavior that has become customary. [#leadfromwithin](#)

[8:04 pm](#) **[dapancost](#)**: RT [@John_Paul](#): Q9: What are habits? A9: habits are learned memory patterns. [#leadfromwithin](#) Good point.

[8:04 pm](#) **[myoussef](#)**: [@LollyDaskal](#) [#leadfromwithin](#) Habits can be seen also as Neuro Progrpms, Progrpmed in our unconscious minds

[8:04 pm](#) **[john_paul](#)**: [@worksmarta](#) Hi Diana - welcome good to see you again! [#leadfromwithin](#)

[8:04 pm](#) **[thehealthmaven](#)**: Hi All, signing in from Pmtrak...I'll keep my fingers crossed! [#leadfromwithin](#)

[8:05 pm](#) **[kyusaikatudou](#)**: RT [@lollydaskal](#): HI Diane! RT [@worksmarta](#): A9: A habit is an involuntary behavior that has become customary. [#leadfromwithin](#)

[8:05 pm](#) **[lollydaskal](#)**: Q2:Which habits are important to cultivate? [#leadfromwithin](#)

[8:05 pm](#) **[beckyrbnsn](#)**: Is there a link to the tweetchat page? [#leadfromwithin](#)

[8:05 pm](#) **[JKWleadership](#)**: Habits are the things we do so often that they become automatic (A1) [#leadfromwithin](#)

[8:05 pm](#) **[growinggold](#)**: A1 Habits are what we do... continually, all the time, sometimes *intentional* other times *UNintentional* [#leadfromwithin](#)

[8:05 pm](#) **[waynemcevilly](#)**: Q9: What are habits? [#leadfromwithin](#) A9: patterns of thought and action that become ingrained & accepted as "our way"-we become dependent.

[8:05 pm](#) **[worksmarta](#)**: [@john_paul](#) Thank you! You as well [#leadfromwithin](#)

[8:05 pm](#) **[lollydaskal](#)**: wow honored you joined us RT [@thehealthmaven](#): Hi All, signing in from Pmtrak...Ill keep my fingers crossed! [#leadfromwithin](#)

[8:05 pm](#) **[dapancost](#)**: [@thehealthmaven](#) Hi, Lea. Welcome [#leadfromwithin](#)

[8:05 pm](#) **[helenantholis](#)**: RT [@dapancost](#): RT [@John_Paul](#): Q9: What are habits? A9: habits are learned memory patterns. [#leadfromwithin](#) Good point. [#leadfromwithin](#)

[8:05 pm](#) **[john_paul](#)**: [@thehealthmaven](#) Pmtrak...I'll keep my fingers crossed! [#leadfromwithin](#) <- on track again! ;-) Welcome! [#leadfromwithin](#)

[8:05 pm](#) **[worksmarta](#)**: [@beckyrbnsn](#) <http://tweetchat.com/room/leadfromwithin> [#leadfromwithin](#)

[8:06 pm](#) **[StrategicMonk](#)**: RT [@waynemcevilly](#): A9: patterns of thought and action that become ingrained & accepted as "our way"-we become dependent. [#leadfromwithin](#)

[8:06 pm](#) **[Robinbela](#)**: [#leadfromwithin](#) habits really are patterns we consciously or

pm unconsciously built over a period of time through repetition.

8:06 **brandleadership:** RT @StrategicMonk: Hello, everyone. Q9: What are habits? pm #leadfromwithin #leadfromwithin

8:06 **CoachFloSchell:** #leadfromwithin @StrategicMonk Things we do over and over and pm over, whether they're good for us or not. Often come from old stories.

8:06 **helenantholis:** RT @lollydaskal: Q2:Which habits are important to cultivate? Those pm which serve a productive purpose and generate good will. #leadfromwithin

8:06 **worksmarta:** A2: It's important to cultivate habits that are good for everyone pm involved #leadfromwithin

8:06 **growinggold:** wow, we all have many descriptions for *habits* :) interesting pm #leadfromwithin

8:06 **lollydaskal:** A2: Important habit to cultivate: Under Promise, Over Deliver pm #leadfromwithin

8:07 **lollydaskal:** A2: Important habit to cultivate: being grateful #leadfromwithin pm

8:07 **Cwelle:** RT @lollydaskal: A2: Important habit to cultivate: Under Promise, pm Over Deliver #leadfromwithin

8:07 **brandleadership:** RT @LollyDaskal: Tonights Topic: Habits. Welcome Everyone! This pm is a community where we engage, empower & encourage #leadfromwithin (Here!)

8:07 **john_paul:** RT @StrategicMonk @waynemcevilly accepted as "our way"-we pm become dependent. <- so often times true! #leadfromwithin

8:07 **thehealthmaven:** Habits, ultimately, come from a choice, then habit, then behavior pm #leadfromwithin

8:07 **lollydaskal:** A2: Important habit to cultivate: Managing your time #leadfromwithin pm

8:07 **dapancost:** A2: One very important one is to think before you speak. (or type - pm keep forgetting to type in #Leadfromwithin) ;-)

8:07 **lollydaskal:** A2: Important habit to cultivate: keep learning so you can keep pm growing #leadfromwithin

8:07 **helenantholis:** Totally agree. RT @lollydaskal: A2: Important habit to cultivate: being pm grateful #leadfromwithin

8:08 **StrategicMonk:** A2: Those which are consistent with our values, principles, vision, and pm strategy. #leadfromwithin

8:08 **growinggold:** ooh, good one! RT @JKWleadership Habits are the things we do so pm often that they become automatic (A1) #leadfromwithin

[8:08 pm](#) **[brandleadership](#)**: RT @LollyDaskal: A2: Important habit to cultivate: Managing your time #leadfromwithin (Critical!!)

[8:08 pm](#) **[beckyrbnsn](#)**: A2 The habit of giving thanks, appreciating others, finding joy in everyday activities #leadfromwithin

[8:08 pm](#) **[earthliz](#)**: A2: Taking care of yourself is an important habit (or group of habits) #leadfromwithin #leadfromwithin

[8:08 pm](#) **[SuskyH](#)**: RT @lollydaskal: A2: Important habit to cultivate: keep learning so you can keep growing #leadfromwithin

[8:08 pm](#) **[CoachFloSchell](#)**: Nice! RT @waynemcevilly: Patterns of thought and action that become ingrained & accepted as "our way"-we become dependent. #leadfromwithin

[8:08 pm](#) **[loyaltyhound](#)**: RT @lollydaskal: A2: Important habit to cultivate: keep learning so you can keep growing #leadfromwithin

[8:08 pm](#) **[lollydaskal](#)**: A2: Important habit to cultivate: being organized #leadfromwithin

[8:08 pm](#) **[dapancost](#)**: RT @lollydaskal: A2: Important habit to cultivate: keep learning so you can keep growing #leadfromwithin (absolutely!)

[8:08 pm](#) **[helenantholis](#)**: And help others learn from you. RT @lollydaskal: A2: Important habit to cultivate: keep learning so you can keep growing #leadfromwithin

[8:08 pm](#) **[dave_carpenter](#)**: RT @LollyDaskal: A2: Important habit to cultivate: being grateful #leadfromwithin <One of my favorite habits

[8:08 pm](#) **[john_paul](#)**: Q2:Which habits are important to cultivate? <- A9: The habits that serve us and others well are excellent ones to grow. #leadfromwithin

[8:08 pm](#) **[beckyrbnsn](#)**: A2 the habit of doing what we say we will do #leadfromwithin

[8:08 pm](#) **[lollydaskal](#)**: A2: Important habit to cultivate: being charitable #leadfromwithin

[8:08 pm](#) **[Cybuhr](#)**: RT @StrategicMonk: A2: Those which are consistent with our values, principles, vision, and strategy. #leadfromwithin

[8:08 pm](#) **[worksmarta](#)**: ;) RT @dapancost: A2: One very important one is to think before you speak. (or type) #leadfromwithin

[8:09 pm](#) **[dapancost](#)**: RT @beckyrbnsn: A2 the habit of doing what we say we will do #leadfromwithin (Right on!)

[8:09 pm](#) **[beckyrbnsn](#)**: A2 The habit of encourage others #leadfromwithin

[8:09 pm](#) **[lollydaskal](#)**: A2: Important habit to cultivate: being a great listener #leadfromwithin

[8:09 pm](#) **[lollydaskal](#)**: RT @[worksmarta](#): ;) RT @[dapancost](#): A2: One very important one is to think before you speak. (or type) #[leadfromwithin](#)

[8:09 pm](#) **[dave_carpenter](#)**: RT @[LollyDaskal](#): A2: Important habit to cultivate: Managing your time #[leadfromwithin](#) <And managing energy, equally important

[8:09 pm](#) **[thehealthmaven](#)**: RT @[lollydaskal](#): A2: Important habit to cultivate: being a great listener #[leadfromwithin](#)

[8:09 pm](#) **[worksmarta](#)**: A2: The habit of positivity. #[leadfromwithin](#)

[8:09 pm](#) **[StrategicMonk](#)**: RT @[lollydaskal](#): A2: Important habit to cultivate: being a great listener #[leadfromwithin](#)

[8:09 pm](#) **[lollydaskal](#)**: A2: Important habit to cultivate: to embrace change #[leadfromwithin](#)

[8:09 pm](#) **[Robinbela](#)**: An Important habit to cultivate is to speak you truth, be authentic so you really are connected to who you are #[leadfromwithin](#) A2

[8:09 pm](#) **[growinggold](#)**: RT @[LollyDaskal](#) Q2:Which habits are important to cultivate? #[leadfromwithin](#)

[8:09 pm](#) **[beckyrbnsn](#)**: A2 The habit of listening well #[leadfromwithin](#)

[8:09 pm](#) **[lollydaskal](#)**: RT @[beckyrbnsn](#): A2 The habit of encourage others #[leadfromwithin](#)

[8:09 pm](#) **[helenantholis](#)**: Without being subjective. RT @[lollydaskal](#): A2: Important habit to cultivate: being a great listener #[leadfromwithin](#)

[8:09 pm](#) **[lollydaskal](#)**: RT @[worksmarta](#): A2: The habit of positivity. #[leadfromwithin](#)

[8:09 pm](#) **[brownies1](#)**: RT @[dave_carpenter](#): RT @[LollyDaskal](#): A2: Important habit to cultivate: being grateful #[leadfromwithin](#) <One of my favorite habits

[8:09 pm](#) **[HWTM_Jenn](#)**: RT @[LollyDaskal](#): A2: Important habit to cultivate: being organized #[leadfromwithin](#)

[8:10 pm](#) **[worksmarta](#)**: A2: The habit of saying THANK YOU - to everyone. #[leadfromwithin](#)

[8:10 pm](#) **[EdwardColozzi](#)**: We believe at some emotional level, that R habits provide us something "good" But it may/or may not be "good" 4 us /others #[Leadfromwithin](#)

[8:10 pm](#) **[CoachFloSchell](#)**: A2 #[leadfromwithin](#) Important habit to cultivate: Daily compassion for yourself and others.

[8:10 pm](#) **[lollydaskal](#)**: A2: Important habit to cultivate: To take time for yourself #[leadfromwithin](#)

[8:10 pm](#) [jcurtis1570](#): RT @lollydaskal: A2: Important habit to cultivate: keep learning so you can keep growing #leadfromwithin

[8:10 pm](#) [john_paul](#): RT @Robinbela An Important habit to cultivate is to speak you truth, be authentic so you really are connected to who you are #leadfromwithin

[8:10 pm](#) [JKWgrowth](#): Habits that help us be better and do better are worth cultivating (A2) #leadfromwithin

[8:10 pm](#) [worksmarta](#): RT @helenantholis: Without being subjective. RT @lollydaskal: A2: Important habit to cultivate: being a great listener #leadfromwithin

[8:10 pm](#) [Ilsedee](#): RT @lollydaskal: A2: Important habit to cultivate: to embrace change #leadfromwithin

[8:10 pm](#) [growinggold](#): A2 most impthabits to cultivate are those that SUPPORT, Empower, Grow our goodness - anchor positive forward motion #leadfromwithin

[8:10 pm](#) [Ilsedee](#): RT @beckyrbsn: A2 The habit of listening well #leadfromwithin

[8:10 pm](#) [lollydaskal](#): PMEN! RT @helenantholis: Without being subjective. RT @lollydaskal: A2: Important habit to cultivate: being a great listener #leadfromwithin

[8:10 pm](#) [dapancost](#): RT @worksmarta: A2: The habit of saying THANK YOU - to everyone. #leadfromwithin (Gratefulness is a most awesome trait)

[8:10 pm](#) [reikijk](#): RT @lollydaskal: A2: Important habit to cultivate: To take time for yourself #leadfromwithin

[8:10 pm](#) [MagneticSilvia](#): Being authentic. RT @LollyDaskal: Q2:Which habits are important to cultivate? #leadfromwithin

[8:11 pm](#) [john_paul](#): RT @worksmarta A2: The habit of saying THANK YOU - to everyone. <- so important - pmazing how little things go a long way! #leadfromwithin

[8:11 pm](#) [Cybuhr](#): A2: The habit of reviewing our habits. #leadfromwithin

[8:11 pm](#) [lollydaskal](#): RT @MagneticSilvia: Being authentic. RT @LollyDaskal: Q2:Which habits are important to cultivate? #leadfromwithin

[8:11 pm](#) [OnMentoring](#): RT @lollydaskal: A2: Important habit to cultivate: Under Promise, Over Deliver #leadfromwithin

[8:11 pm](#) [helenantholis](#): RT @growinggold: A2 most impthabits to cultivate are those that SUPPORT, Empower, Grow ogoodness.anchor positive fwd motion #leadfromwithin

[8:11 pm](#) [My_WebEvent](#): RT @lollydaskal: A2: Important habit to cultivate: Managing your time #leadfromwithin

[8:11 pm](#) **[Koomba303](#)**: A2 - Consistency #[leadfromwithin](#)

[8:11 pm](#) **[donnyep](#)**: A2: Wake up early in the morning RT [@LollyDaskal](#): Q2: Which habits are important to cultivate? #[leadfromwithin](#)

[8:11 pm](#) **[lollydaskal](#)**: RT [@Cybuhr](#): A2: The habit of reviewing our habits. #[leadfromwithin](#)

[8:11 pm](#) **[john_paul](#)**: [@Cybuhr](#) A2: The habit of reviewing our habits. < - haha! :) #[leadfromwithin](#)

[8:11 pm](#) **[StrategicMonk](#)**: Q3: What habits do you admire in others? #[leadfromwithin](#)

[8:12 pm](#) **[dapancost](#)**: RT [@Koomba303](#): A2 - Consistency #[leadfromwithin](#) (Yes. Inconsistency can really cost)

[8:12 pm](#) **[dolynesaidso](#)**: RT [@lollydaskal](#): A2: Important habit to cultivate: keep learning so you can keep growing #[leadfromwithin](#)

[8:12 pm](#) **[lollydaskal](#)**: RT [@StrategicMonk](#): Q3: What habits do you admire in others? #[leadfromwithin](#)

[8:12 pm](#) **[dolynesaidso](#)**: RT [@lollydaskal](#): A2: Important habit to cultivate: Under Promise, Over Deliver #[leadfromwithin](#)

[8:12 pm](#) **[My_WebEvent](#)**: ABSOLUTELY, LOVE THIS> RT [@helenantholis](#): [@lollydaskal](#): A2: Important habit to cultivate: being grateful #[leadfromwithin](#)

[8:12 pm](#) **[helenantholis](#)**: To ensure that they are worthwhile.RT [@Cybuhr](#): A2: The habit of reviewing our habits. #[leadfromwithin](#)

[8:12 pm](#) **[donnyep](#)**: RT [@lollydaskal](#): A2: Important habit to cultivate: Under Promise, Over Deliver #[leadfromwithin](#)

[8:12 pm](#) **[growinggold](#)**: A2 Impt habit I need to cultivate lately more *structure/routines* to support me *remembering* things I need to do #[leadfromwithin](#)

[8:12 pm](#) **[donnyep](#)**: RT [@lollydaskal](#): A2: Important habit to cultivate: keep learning so you can keep growing #[leadfromwithin](#)

[8:12 pm](#) **[Robinbela](#)**: A2 what habits are you trying to cultivate more in life these days? I say for me it's patience with changes around me #[leadfromwithin](#)

[8:12 pm](#) **[john_paul](#)**: RT [@StrategicMonk](#) Q3: What habits do you admire in others? <- honesty, a most important trait. #[leadfromwithin](#)

[8:12 pm](#) **[lollydaskal](#)**: A3: Habits to admire: trustworthy and honesty #[leadfromwithin](#)

[8:12 pm](#) **[dapancost](#)**: A3: Genuineness. Authenticity. Habits I admire #[leadfromwithin](#)

[8:13](#) **[ellenweber](#)**: RT [@LollyDaskal](#): A2: Important habit to cultivate: keep learning so

[pm](#) you can keep growing [#leadfromwithin](#) Yes! Especially thru curiosity:-
)

[8:13 pm](#) [helenantholis](#): Being empathy and genuine. RT [@StrategicMonk](#): Q3: What habits do you admire in others? [#leadfromwithin](#)

[8:13 pm](#) [thehealthmaven](#): A2 Cultivating the best in others...can't go wrong there- looking outward [.#leadfromwithin](#)

[8:13 pm](#) [lollydaskal](#): A3: Habits to admire: service with love [#leadfromwithin](#)

[8:13 pm](#) [growinggold](#): RT [@StrategicMonk](#) Q3: What habits do you admire in others? [#leadfromwithin](#) (I love your simplicity! thks!)

[8:13 pm](#) [beckyrbnsn](#): A3 I admire my husband's commitment and habit of exercising [#leadfromwithin](#)

[8:13 pm](#) [Cybuhr](#): RT [@dapancost](#): A3: Genuineness. Authenticity. Habits I admire [#leadfromwithin](#)

[8:13 pm](#) [StrategicMonk](#): RT [@thehealthmaven](#): A2 Cultivating the best in others...cant go wrong there- looking outward [.#leadfromwithin](#) [#leadfromwithin](#)

[8:13 pm](#) [ellenweber](#): RT [@dave_carpenter](#): RT [@LollyDaskal](#): A2: Important habit to cultivate: being grateful [#leadfromwithin](#) <One of my favorite habits

[8:13 pm](#) [thehealthmaven](#): RT [@dapancost](#): A3: Genuineness. Authenticity. Habits I admire [#leadfromwithin](#)

[8:13 pm](#) [dapancost](#): A3: Focus, and hard work are also habits I admire. [#leadfromwithin](#)

[8:13 pm](#) [SteveKoss](#): A2/A3 Cultivate putting yourself in someone else's shoes , embracing change, visionary/reflective time [#leadfromwithin](#)

[8:13 pm](#) [My_WebEvent](#): A2 Important habit to cultivate: Seeing things from an abundant perspective rather than scarcity. [#leadfromwithin](#)

[8:13 pm](#) [worksmarta](#): A3: I admire discipline. [#leadfromwithin](#)

[8:13 pm](#) [john_paul](#): RT [@thehealthmaven](#) A2: Cultivating the best in others...can't go wrong there- looking outward <- absolutely! [#leadfromwithin](#)

[8:14 pm](#) [dolynesaids](#): RT [@lollydaskal](#): A9: Habits are something that we all have, many of them are actions that we take for granted, and do without thinking about [#leadfromwithin](#)

[8:14 pm](#) [KeepSeeing1111](#): RT [@lollydaskal](#): A2: Important habit to cultivate: being grateful [#leadfromwithin](#)

[8:14 pm](#) [Koomba303](#): RT [@dapancost](#) A3: Genuineness. Authenticity. Habits I admire [#leadfromwithin](#)

[8:14 pm](#) **[OnMentoring](#)**: A3: What habits do you admire in others? 1. Constant gratitude; 2. Active listening; 3. Exercise [#leadfromwithin](#)

[8:14 pm](#) **[megasystemsUSA](#)**: RT [@lollydaskal](#): RT [@MagneticSilvia](#): Being authentic. RT [@LollyDaskal](#): Q2: Which habits are important to cultivate? [#leadfromwithin](#)

[8:14 pm](#) **[thehealthmaven](#)**: RT [@john_paul](#): RT [@StrategicMonk](#) Q3: What habits do you admire in others? <- honesty, a most important trait. [#leadfromwithin](#)

[8:14 pm](#) **[growinggold](#)**: A3 I admire habits in others that promote grounding, instill positive patterns, encourage routines [#leadfromwithin](#)

[8:14 pm](#) **[beckyrbnsn](#)**: A3 I admire [@LollyDaskal](#) and her habit of encouraging and valuing others [#leadfromwithin](#)

[8:14 pm](#) **[lollydaskal](#)**: RT [@worksmarta](#): A3: I admire discipline. [#leadfromwithin](#)

[8:14 pm](#) **[EdwardColozzi](#)**: Seeing & treating others as ourselves (seeing the God in all) and loving accordingly is NB [#Leadfromwithin](#)

[8:14 pm](#) **[worksmarta](#)**: Focus! Absolutely. RT [@dapancost](#): A3: Focus, and hard work are also habits I admire. [#leadfromwithin](#)

[8:14 pm](#) **[john_paul](#)**: RT [@My_WebEvent](#) A2 Important habit to cultivate: Seeing things from an abundant perspective rather than scarcity. [#leadfromwithin](#)

[8:14 pm](#) **[lollydaskal](#)**: RT [@OnMentoring](#): A3: What habits do you admire in others? 1. Constant gratitude; 2. Active listening; 3. Exercise [#leadfromwithin](#)

[8:14 pm](#) **[earthliz](#)**: RT [@worksmarta](#): A3: I admire discipline. [#leadfromwithin](#)

[8:14 pm](#) **[StrategicMonk](#)**: A3: Consistency. [#leadfromwithin](#)

[8:14 pm](#) **[lollydaskal](#)**: THANK you becky! RT [@beckyrbnsn](#): A3 I admire [@LollyDaskal](#) and her habit of encouraging and valuing others [#leadfromwithin](#)

[8:14 pm](#) **[lollydaskal](#)**: RT [@StrategicMonk](#): A3: Consistency. [#leadfromwithin](#)

[8:15 pm](#) **[worksmarta](#)**: A3: I admire pmbition. [#leadfromwithin](#)

[8:15 pm](#) **[megasystemsUSA](#)**: RT [@growinggold](#): A2 most impt habits to cultivate are those that SUPPORT, Empower, Grow our goodness - anchor positive forward motion [#leadfromwithin](#)

[8:15 pm](#) **[thehealthmaven](#)**: A3 I admire determination and running right towards a challenge [#leadfromwithin](#)

[8:15 pm](#) **[dave_carpenter](#)**: RT [@worksmarta](#): A3: I admire discipline. [#leadfromwithin](#) <As do I

[8:15 pm](#) **[justaswethink](#)**: A3 The willingness to put their hand to the work. [#leadfromwithin](#)

[8:15 pm](#) **[Chriscarroll50](#)**: RT [@LollyDaskal](#): A2: Important habit to cultivate: Managing your time [#leadfromwithin](#) <good advice!

[8:15 pm](#) **[john_paul](#)**: RT [@EdwardColozzi](#) Seeing & treating others as ourselves (seeing the God in all) <- a very helpful habit! [#leadfromwithin](#)

[8:15 pm](#) **[lollydaskal](#)**: PMEN! RT [@worksmarta](#): A3: I admire pmbition. [#leadfromwithin](#)

[8:15 pm](#) **[dolynesaids0](#)**: RT [@lollydaskal](#): A9: A habit is : An action performed repeatedly and automatically, usually without awareness [#leadfromwithin](#)

[8:15 pm](#) **[CoachFloSchell](#)**: A3 Habits I admire: [#leadfromwithin](#) Speaking with truth and from the heart. Showing mutual respect even under stress. Smiles. More smiles.

[8:15 pm](#) **[dave_carpenter](#)**: Bravo: RT [@beckyrbnsn](#): A3 I admire [@LollyDaskal](#) and her habit of encouraging and valuing others [#leadfromwithin](#)

[8:15 pm](#) **[Robert0375](#)**: RT [@lollydaskal](#): A2: Important habit to cultivate: being a great listener [#leadfromwithin](#)

[8:15 pm](#) **[StrategicMonk](#)**: RT [@justaswethink](#): A3 The willingness to put their hand to the work. [#leadfromwithin](#)

[8:16 pm](#) **[growinggold](#)**: A3 I can C that I honor & respect qualities in others that offset qualities in me: I pm fluid & I like structure in others [#leadfromwithin](#)

[8:16 pm](#) **[dapancost](#)**: RT [@thehealthmaven](#): A3 I admire determination and running right towards a challenge [#leadfromwithin](#) (love this answer)

[8:16 pm](#) **[My_WebEvent](#)**: A3: I admire laser bepm focus and perseverance! [#leadfromwithin](#)

[8:16 pm](#) **[john_paul](#)**: RT [@justaswethink](#) A3 The willingness to put their hand to the work. <- A true leader! [#leadfromwithin](#)

[8:16 pm](#) **[worksmarta](#)**: A3: I admire people who would do anything for you. Self-less individuals. [#leadfromwithin](#)

[8:16 pm](#) **[dapancost](#)**: RT [@My_WebEvent](#): A3: I admire laser bepm focus and perseverance! [#leadfromwithin](#) (perseverance is a really good one.)

[8:16 pm](#) **[Koomba303](#)**: A3 - Organization and planning. [#leadfromwithin](#)

[8:17 pm](#) **[My_WebEvent](#)**: RT [@dave_carpenter](#): Bravo: RT [@beckyrbnsn](#): A3 I admire [@LollyDaskal](#) and her habit of encouraging and valuing others [#leadfromwithin](#)

[8:17 pm](#) **[Cybuhr](#)**: A3: Those that are consistent with that person's values & character, revealing an authentic leader. [#leadfromwithin](#)

[8:17 pm](#) [beckyrbnsn](#): RT @LollyDaskal: A3: Habits to admire: service with love #leadfromwithin

[8:17 pm](#) [growinggold](#): ooh! I like that :) RT @thehealthmaven A3 I admire determination and running right towards a challenge #leadfromwithin

[8:17 pm](#) [worksmarta](#): I also admire spontaneity. RT @Koomba303: A3 - Organization and planning. #leadfromwithin

[8:17 pm](#) [john_paul](#): @My_WebEvent Light amplification by stimulated emission of radiation! It's a group thing! ;) #leadfromwithin

[8:18 pm](#) [worksmarta](#): A3: I admire people who know how to LIVE. And don't let the little things get to them. #leadfromwithin

[8:18 pm](#) [lollydaskal](#): Q4: What steps do you take to create a "new" habit? #leadfromwithin

[8:18 pm](#) [JOYFUL PRESENCE](#): Habit I admire: valuing other people's wish for happiness, just as much as our own. #leadfromwithin

[8:18 pm](#) [dapancost](#): @worksmarta Spontaneity is why I can never find my car keys. ;-) #leadfromwithin

[8:18 pm](#) [thehealthmaven](#): @my_webevent ohh, yeah, that one made me smile! #leadfromwithin perseverance

[8:18 pm](#) [My_WebEvent](#): @john_paul LOVE IT! #leadfromwithin

[8:18 pm](#) [dapancost](#): RT @LollyDaskal: Q4: What steps do you take to create a "new" habit? #leadfromwithin (Good question)

[8:19 pm](#) [StrategicMonk](#): RT @lollydaskal: Q4: What steps do you take to create a "new" habit? #leadfromwithin

[8:19 pm](#) [john_paul](#): RT @lollydaskal Q4: What steps do you take to create a "new" habit? <- two forward and one backwards . . .;) #leadfromwithin

[8:19 pm](#) [PatRobeck1ofHis](#): LOL! RT @dapancost: @worksmarta Spontaneity is why I can never find my car keys. ;-) #leadfromwithin

[8:19 pm](#) [lollydaskal](#): A4: New habit Starts with having clarity! #leadfromwithin

[8:19 pm](#) [DenaBotbyl](#): RT @JOYFUL_PRESENCE Habit I admire: valuing other people's wish for happiness, just as much as our own. #leadfromwithin

[8:19 pm](#) [worksmarta](#): @dapancost :) #leadfromwithin

[8:19 pm](#) [Cybuhr](#): A4: Practice, practice, practice. #leadfromwithin

[8:19](#) [dapancost](#): A4: Takes a conscious effort and commitment to do the same thing

pm over time [#leadfromwithin](#)

8:19 pm **[lollydaskal](#)**: A4: New habits proceeds with the "why" [#leadfromwithin](#)

8:19 pm **[StrategicMonk](#)**: A4: Recognizing that I need a new habit. [#leadfromwithin](#)

8:19 pm **[lollydaskal](#)**: RT [@Cybuhr](#): A4: Practice, practice, practice. [#leadfromwithin](#)

8:19 pm **[helenantholis](#)**: A4. To create a new habit, I set the goal and schedule a persistent approach to achieving it. [#leadfromwithin](#)

8:19 pm **[waynemcevilly](#)**: [@CoachFloSchell](#) Thank you. I see you follow [@AnaisNinBlog](#) - there is a [#leadfromwithin](#) superstar ([#AnaisNin](#))

8:20 pm **[thehealthmaven](#)**: Q4 Is it true that it takes 21 days to make a new habit? I've heard that from so many people that I admire [#leadfromwithin](#)

8:20 pm **[joankw](#)**: Putting the needs of others first is a habit worth admiring. (A3) [#leadfromwithin](#)

8:20 pm **[justaswethink](#)**: RT [@lollydaskal](#): Q4: What steps do you take to create a "new" habit? [#leadfromwithin](#)

8:20 pm **[growinggold](#)**: I admire organized chaos! The ability to balance - being flexible while holding to a plan (very much!) [#leadfromwithin](#)

8:20 pm **[PatRobeck1ofHis](#)**: A4, step 1 do it today. step 2. do it today again. Step 3, repeat... [#leadfromwithin](#)

8:20 pm **[Cybuhr](#)**: RT [@lollydaskal](#): A4: New habits proceeds with the "why" [#leadfromwithin](#)

8:20 pm **[StrategicMonk](#)**: RT [@lollydaskal](#): A4: New habits proceeds with the "why" [#leadfromwithin](#)

8:20 pm **[lollydaskal](#)**: A4: Crystallize your thinking. Determine what specific goals you want to achieve [#leadfromwithin](#)

8:20 pm **[worksmarta](#)**: A4: Persistence, discipline. Don't give up! [#leadfromwithin](#)

8:20 pm **[Cybuhr](#)**: RT [@worksmarta](#): A4: Persistence, discipline. Dont give up! [#leadfromwithin](#)

8:20 pm **[OnMentoring](#)**: A4:Steps to take to create a habit: Set aside tepm each day to practice a new habit. Reward oneself after achieving progress [#leadfromwithin](#)

8:20 pm **[lollydaskal](#)**: [@thehealthmaven](#) yes. for (a4) [#leadfromwithin](#)

8:20 pm **[dapancost](#)**: RT [@StrategicMonk](#): RT [@lollydaskal](#): A4: New habits proceeds with the "why" [#leadfromwithin](#) (absolutely Know the why - will do the

what)

- [8:20 pm](#) **[My_WebEvent](#)**: A4: Creating a new habit takes shifting your mindset. I immerse myself in books & people that support the shift! #[leadfromwithin](#)
- [8:20 pm](#) **[StrategicMonk](#)**: A4: Asking for help. #[leadfromwithin](#)
- [8:20 pm](#) **[growinggold](#)**: RT @[StrategicMonk](#) RT @[lollydaskal](#): Q4: What steps do you take to create a "new" habit? #[leadfromwithin](#)
- [8:20 pm](#) **[Robinbela](#)**: A3 Habits I admire in others is in being there for others no matter what, loyalty & passion #[leadfromwithin](#)
- [8:20 pm](#) **[lollydaskal](#)**: A4: Your goals need to be specific, measurable, and realistic. #[leadfromwithin](#)
- [8:21 pm](#) **[Koomba303](#)**: A4 - Planning, organization and consistency.... A combination of my tweets tonight... #[leadfromwithin](#)
- [8:21 pm](#) **[CoachFloSchell](#)**: Yea at #[leadfromwithin](#) chat. Lots of good tweeting going on. @[LollyDaskal](#)
- [8:21 pm](#) **[thehealthmaven](#)**: RT @[StrategicMonk](#): RT @[lollydaskal](#): A4: New habits proceeds with the "why" #[leadfromwithin](#)
- [8:21 pm](#) **[My_WebEvent](#)**: A4: I find it takes 90 days for a new habit to take root! Anyone else see this? #[leadfromwithin](#)
- [8:21 pm](#) **[lollydaskal](#)**: A4: Develop a sincere desire for the things you want. #[leadfromwithin](#)
- [8:21 pm](#) **[dapancost](#)**: RT @[StrategicMonk](#): A4: Asking for help. #[leadfromwithin](#) (very good point - accountability is vital)
- [8:21 pm](#) **[growinggold](#)**: A4 gotta be... practice, discipline, more practice #[leadfromwithin](#)
- [8:21 pm](#) **[velvel96](#)**: RT @[LollyDaskal](#): Q4: What steps do you take to create a "new" habit? #[leadfromwithin](#)
- [8:21 pm](#) **[thehealthmaven](#)**: RT @[lollydaskal](#): A4: Crystallize your thinking. Determine what specific goals you want to achieve #[leadfromwithin](#)
- [8:21 pm](#) **[PatRobeck1offHis](#)**: RT @[thehealthmaven](#): Q4 Is it true that it takes 21 days to make a new habit? ~ For the avg. person, 4 this group, maybe less #[leadfromwithin](#)
- [8:21 pm](#) **[dapancost](#)**: RT @[LollyDaskal](#): A4: Develop a sincere desire for the things you want. #[leadfromwithin](#) (Good. Have a vision of your future).
- [8:21 pm](#) **[lollydaskal](#)**: RT @[dapancost](#): RT @[StrategicMonk](#): A4: Asking for help. #[leadfromwithin](#) (very good point - accountability is vital) #[leadfromwithin](#)
- [8:21](#) **[earthliz](#)**: A4: You have to break the old habit as well! #[leadfromwithin](#)

[pm](#)

[8:21 pm](#) **[StrategicMonk](#)**: A4: Very few things truly worth doing do not require the purchase of at least one new book. [#leadfromwithin](#)

[8:22 pm](#) **[dave_carpenter](#)**: RT [@LollyDaskal](#): Q4: What steps do you take to create a "new" habit? [#leadfromwithin](#) <Letting go of limiting beliefs

[8:22 pm](#) **[MySpecialAngelz](#)**: RT [@lollydaskal](#): A4: Your goals need to be specific, measurable, and realistic. [#leadfromwithin](#)

[8:22 pm](#) **[john_paul](#)**: A4: making a conscious effort over 21 days to repeat the desired habit consistently. It ingrains the neural pathways [#leadfromwithin](#)

[8:22 pm](#) **[reikijk](#)**: RT [@lollydaskal](#): A4: Develop a sincere desire for the things you want. [#leadfromwithin](#)

[8:22 pm](#) **[justaswethink](#)**: A4 Eliminate obstacles [#leadfromwithin](#)

[8:22 pm](#) **[reikijk](#)**: RT [@lollydaskal](#): A4: Your goals need to be specific, measurable, and realistic. [#leadfromwithin](#)

[8:22 pm](#) **[EdwardColozzi](#)**: Habits reflect R VALUES at some level so expmine ur values 2 create or break habits [#leadfromwithin](#)

[8:22 pm](#) **[PatRobeck1ofHis](#)**: RT [@earthliz](#): A4: You have to break the old habit as well! ~ need a new one to replace the old one! [#leadfromwithin](#)

[8:22 pm](#) **[growinggold](#)**: RT [@LollyDaskal](#) A4: Your goals need to be specific, measurable, and realistic. [#leadfromwithin](#)

[8:22 pm](#) **[lollydaskal](#)**: RT [@justaswethink](#): A4 Eliminate obstacles [#leadfromwithin](#)

[8:22 pm](#) **[Cybuhr](#)**: Out with the old to make room for the new. Good! RT [@earthliz](#): A4: You have to break the old habit as well! [#leadfromwithin](#)

[8:22 pm](#) **[JOYFUL_PRESENCE](#)**: [@LollyDaskal](#) A4: contemplating the disadvantages of not doing so, and the advantages of cultivating a good habit. [#leadfromwithin](#)

[8:22 pm](#) **[dapancost](#)**: RT [@EdwardColozzi](#): Habits reflect R VALUES at some level so expmine ur values 2 create or break habits [#leadfromwithin](#) (Excellent point)

[8:23 pm](#) **[edithmoriczRFC](#)**: RT [@LollyDaskal](#): A4: Crystallize your thinking. Determine what specific goals you want to achieve [#leadfromwithin](#)

[8:23 pm](#) **[jrahome](#)**: A4: Typically you start a new habit by breaking away from old patterns of thinking. RT [@LollyDaskal](#) Q4: [#leadfromwithin](#)

[8:23 pm](#) **[Robinbela](#)**: A4 new habits can be created when we focus on the big picture and do it in small baby steps day by day with joy [#leadfromwithin](#)

[8:23](#) **[growinggold](#)**: a4 It takes serious discipline, consistency to create new habits

pm [#leadfromwithin](#)

8:23 pm **[mark_newton](#)**: Q4: Break down goals into specific, measurable actions - measure daily, weekly [#leadfromwithin](#)

8:23 pm **[donnypep](#)**: A4: Make some reminders in your phone or on the wall RT [@LollyDaskal](#): Q4: What steps do you take to create a "new" habit? [#leadfromwithin](#)

8:24 pm **[Koomba303](#)**: A4 - Opening up to accept criticism from others. [#leadfromwithin](#)

8:24 pm **[OnMentoring](#)**: RT [@edwardcolozzi](#): Habits reflect UR VALUES at some level so expmine ur values 2 create or break habits [#leadfromwithin](#)

8:24 pm **[dapancost](#)**: [@jrahome](#) Breaking from old patterns of thinking - Yes. Becoming aware of those patters helps. :-) [#leadfromwithin](#)

8:24 pm **[My_WebEvent](#)**: RT [@john_paul](#): A4: making a conscious effort over 21 days to repeat desired habit consistently. It ingrains neural pathways [#leadfromwithin](#)

8:24 pm **[waynemcevilly](#)**: RT [@helenantholis](#) A4. To create a new habit, I set the goal and schedule a persistent approach to achieving it. [#leadfromwithin](#)

8:24 pm **[justaswethink](#)**: RT [@jrahome](#): A4: Typically you start a new habit by breaking away from old patterns of thinking. RT [@LollyDaskal](#) Q4: [#leadfromwithin](#)

8:24 pm **[babymaefoundtn](#)**: A new habit starts when I realize old habits aren't productive anymore [#leadfromwithin](#)

8:24 pm **[lollydaskal](#)**: RT [@mark_newton](#): Q4: Break down goals into specific, measurable actions - measure daily, weekly [#leadfromwithin](#)

8:24 pm **[worksmarta](#)**: RT [@justaswethink](#): RT [@jrahome](#): A4: Typically you start a new habit by breaking away from old patterns of thinking. [#leadfromwithin](#)

8:25 pm **[StrategicMonk](#)**: Q5: How do you break the patterns of a habit you would like to change? [#leadfromwithin](#)

8:25 pm **[getsweetie](#)**: A4 By reminding or listing the possibilities that open to me when the old habit is released [#leadfromwithin](#)

8:25 pm **[JKWgrowth](#)**: When we consciously repeat and model actions we create new habits (A4) [#leadfromwithin](#)

8:25 pm **[tomybrown18](#)**: RT [@lollydaskal](#): A2: Important habit to cultivate: keep learning so you can keep growing [#leadfromwithin](#)

8:25 pm **[worksmarta](#)**: Or destructive RT [@babymaefoundtn](#): A new habit starts when I realize old habits arent productive anymore [#leadfromwithin](#)

8:25 pm **[lollydaskal](#)**: RT [@waynemcevilly](#) RT [@helenantholis](#) A4 To create a new habit, I set the goal & schedule a persistent approach 2 achieve it. [#leadfromwithin](#)

[8:25 pm](#) **[My_WebEvent:](#)** So TRUE:) RT [@babymaefoundtn](#): A new habit starts when I realize old habits aren't productive anymore [#leadfromwithin](#)

[8:25 pm](#) **[growinggold:](#)** RT [@waynemcevilly](#) RT [@helenantholis](#) To create a new habit I set the goal & schedule a persistent approach to achieving it [#leadfromwithin](#)

[8:25 pm](#) **[mark_newton:](#)** Q4: ACCOUNTABILITY must be introduced [#leadfromwithin](#)

[8:25 pm](#) **[StartYourOwnBIG:](#)** RT [@Robinbela](#): A4 new habits can be created when we focus on the big picture and do it in small baby steps day by day with joy [#leadfromwithin](#)

[8:25 pm](#) **[lollydaskal:](#)** RT [@StrategicMonk](#): Q5: How do you break the patterns of a habit you would like to change? [#leadfromwithin](#)

[8:26 pm](#) **[StartYourOwnBIG:](#)** RT [@edithmoriczRFC](#): RT [@LollyDaskal](#): A4: Crystallize your thinking. Determine what specific goals you want to achieve [#leadfromwithin](#)

[8:26 pm](#) **[justaswethink:](#)** RT [@lollydaskal](#): RT [@mark_newton](#): Q4: Break down goals into specific, measurable actions - measure daily, weekly [#leadfromwithin](#)

[8:26 pm](#) **[john_paul:](#)** RT [@StrategicMonk](#) Q5: How do you break the patterns of a habit you would like to change? <- by replacing it with a new one. [#leadfromwithin](#)

[8:26 pm](#) **[donnypep:](#)** RT [@lollydaskal](#): A4: Crystallize your thinking. Determine what specific goals you want to achieve [#leadfromwithin](#)

[8:26 pm](#) **[Robinbela:](#)** A4 new habits are created best when we enjoy the process of feeling good of doing those new things and see the benefits [#leadfromwithin](#)

[8:26 pm](#) **[growinggold:](#)** RT [@mark_newton](#) Q4: Break down goals into specific, measurable actions - measure daily, weekly [#leadfromwithin](#)

[8:26 pm](#) **[BunnyMellon:](#)** Lolly, just in time for [#LeadFromWithin](#): [@JuditTokyo](#) needs ideas on howto setup survivor notification system. Can U pls RT her?[@LollyDaskal](#)

[8:26 pm](#) **[lollydaskal:](#)** A5: You break patterns of a habit by "Discovering the Triggers" [#leadfromwithin](#)

[8:26 pm](#) **[getsweetie:](#)** A4 Extending the focus to 4-5 cnsqs after a behavior is recognized often leads to more focused change [#leadfromwithin](#)

[8:27 pm](#) **[waynemcevilly:](#)** A4 "Practice may not make perfect, but repeated CONSCIOUS experiences DO pay off." JasperDeeter, founder of HedgerowTheatre [#leadfromwithin](#)

[8:27 pm](#) **[al_argo:](#)** Recognizing limiting habits is key if we ever want to break away from the old into the new! [#leadfromwithin](#)

[8:27 pm](#) **[lollydaskal:](#)** A5: Interrupt the Pattern of habit: By Recognizing when a trigger is

pm activated and stop the automatic response #[leadfromwithin](#)

[8:27 pm](#) **[StrategicMonk](#)**: RT @[lollydaskal](#): A5: You break patterns of a habit by "Discovering the Triggers" #[leadfromwithin](#)

[8:27 pm](#) **[earthliz](#)**: A5: List times when old habits happen automatically, and create rules for yourself in those situations #[leadfromwithin](#)

[8:27 pm](#) **[EdwardColozzi](#)**: RT @[lollydaskal](#): A5: You break patterns of a habit by "Discovering the Triggers" #[leadfromwithin](#)

[8:27 pm](#) **[CoachFloSchell](#)**: A4 Try on the habit. Dance the habit. Put your habit through all of your sensory tests. Does it feel right for you? Begin! #[leadfromwithin](#)

[8:27 pm](#) **[dapancost](#)**: A5: Requires self-reflection & becoming aware of the old habits "payoff". Then seeing the destructiveness of the old payoff. #[leadfromwithin](#)

[8:27 pm](#) **[MagneticSilvia](#)**: A5: I don't worry about the old habit, I focus on the new habit I'm creating. #[leadfromwithin](#)

[8:27 pm](#) **[justaswethink](#)**: RT @[lollydaskal](#): RT @[StrategicMonk](#): Q5: How do you break the patterns of a habit you would like to change? #[leadfromwithin](#)

[8:27 pm](#) **[lollydaskal](#)**: Break bad habits A5: by performing the replacement process #[leadfromwithin](#)

[8:27 pm](#) **[earthliz](#)**: Exactly! RT @[lollydaskal](#): A5: Interrupt the Pattern of habit: By Recognizing when a trigger is activated and stop.... #[leadfromwithin](#)

[8:27 pm](#) **[StrategicMonk](#)**: RT @[MagneticSilvia](#): A5: I dont worry about the old habit, I focus on the new habit Im creating. #[leadfromwithin](#)

[8:27 pm](#) **[PatRobeck1ofHis](#)**: RT @[lollydaskal](#): A5:Interrupt the Pattern of habit: By Recognizing when a trigger is activated & stop the automatic response #[leadfromwithin](#)

[8:27 pm](#) **[Cybuhr](#)**: A5: To break old habits we first have to become more aware of them, raise them back out of our hearts to our consciousness. #[leadfromwithin](#)

[8:27 pm](#) **[justaswethink](#)**: RT @[lollydaskal](#): A5: You break patterns of a habit by "Discovering the Triggers" #[leadfromwithin](#)

[8:28 pm](#) **[KnowledgeBishop](#)**: You break patterns of a habit by "Discovering the Triggers" - @[LollyDaskal](#) #[leadfromwithin](#) / That's IT!

[8:28 pm](#) **[getsweetie](#)**: A5: The neg behav is often the response to an earlier trigger, recog fear, anger, shpme, for what it is....the core #[leadfromwithin](#)

[8:28 pm](#) **[growinggold](#)**: RT @[StrategicMonk](#) Q5: How do you break the patterns of a habit you would like to change? #[leadfromwithin](#)

[8:28 pm](#) **[john_paul](#)**: RT @[MagneticSilvia](#): A5: I dont worry about the old habit, I focus on the new habit Im creating. #[leadfromwithin](#)

[8:28 pm](#) **[Robinbela](#)**: [@John_Paul](#) thanks for the RT John! [#leadfromwithin](#)

[8:28 pm](#) **[worksmarta](#)**: A5: Self-discipline - Tell yourself and show yourself why you need to break the habit. [#leadfromwithin](#)

[8:28 pm](#) **[helenantholis](#)**: And removing/replacing them RT [@StrategicMonk](#); RT [@lollydaskal](#): A5: You break patterns of habit by "Discovering the Triggers" [#leadfromwithin](#)

[8:28 pm](#) **[lollydaskal](#)**: A5: Breaking bad habits often times means going back & expanding or changing things a bit each time [#leadfromwithin](#)

[8:28 pm](#) **[waynemcevilly](#)**: RT [@CoachFloSchell](#) A4 Try on the habit. Dance the habit. Puthabit through all sensory tests. feel right for you? Begin! [#leadfromwithin](#)

[8:28 pm](#) **[getsweetie](#)**: If you are new to [#leadfromwithin](#) you can focus on this topic by going to [www.tweetchat.com/room/#leadfromwithin](#) [#leadfromwithin](#)

[8:28 pm](#) **[StrategicMonk](#)**: RT [@worksmarta](#): A5: Self-discipline - Tell yourself and show yourself why you need to break the habit. [#leadfromwithin](#)

[8:29 pm](#) **[EdwardColozzi](#)**: RT [@LollyDaskal](#) You break patterns of a habit by "Discovering the Triggers" [#leadfromwithin](#) -->Yes, N that takes undoing emotional progrpms

[8:29 pm](#) **[growinggold](#)**: A5 just like Pavlov's dogs... Give yourself Positive Reinforcement for positive NEW behavior - reward the change [#Leadfromwithin](#)

[8:29 pm](#) **[Koomba303](#)**: A5 - Awareness of the patterns. [#leadfromwithin](#)

[8:29 pm](#) **[lollydaskal](#)**: RT [@getsweetie](#): If you are new to [#leadfromwithin](#) you can focus on this topic by going to [www.tweetchat.com/room/](#) [#leadfromwithin](#)

[8:29 pm](#) **[ThePassionDiva](#)**: RT [@lollydaskal](#): A5: Breaking bad habits often times means going back & expanding or changing things a bit each time [#leadfromwithin](#)

[8:29 pm](#) **[thehealthmaven](#)**: RT [@growinggold](#): RT [@waynemcevilly](#) RT [@helenantholis](#) To create a new habit I set the goal & schedule a persistent approach to achieving it [#leadfromwithin](#)

[8:29 pm](#) **[Cybuhr](#)**: RT [@Koomba303](#): A5 - Awareness of the patterns. [#leadfromwithin](#)

[8:29 pm](#) **[CoachFloSchell](#)**: A5 Breaking Habits: Review where they cpme from. Still relevant? Causing harm? Each time u do it or think it say STOP. [#leadfromwithin](#)

[8:29 pm](#) **[john_paul](#)**: [@Robinbela](#) thanks for the RT John! <- You're welcome Robin. Its a habit ;-) [#leadfromwithin](#)

[8:29 pm](#) **[StartYourOwnBIG](#)**: [@growinggold](#) [@LollyDaskal](#) are their people in your lifes that reinforce the good or bad habits... how do you overcome and [#leadfromwithin](#)

[8:29 pm](#) **[OnMentoring:](#)** A5: To break a habit one must first be conscious of it. Make sure you are aware of it in order to change it. #[leadfromwithin](#)

[8:30 pm](#) **[dapancost:](#)** @[EdwardColozzi](#) You're welcome #[leadfromwithin](#)

[8:30 pm](#) **[sweatypma:](#)** RT @[lollydaskal](#): PMEN! RT @[worksmarta](#): A3: I admire pmbition. #[leadfromwithin](#)

[8:30 pm](#) **[waynemcevilly:](#)** via @[GetSweetie](#) Inew to #[leadfromwithin](#)? you can focus on this topic by going to [www.tweetchat.com/room/#leadfromwithin](#) #[leadfromwithin](#)

[8:30 pm](#) **[JKWinnovation:](#)** To break a habit I want to change, I replace it with a behavior I want to emulate (A5) #[leadfromwithin](#)

[8:30 pm](#) **[Spmuel_Clemons:](#)** acknowledging that action is the evidence of thoughtful pilfering, i follow my #[leadfromwithin](#) and steal poptarts every chance i get

[8:30 pm](#) **[StrategicMonk:](#)** RT @[john_paul](#): @[Robinbela](#) thanks for the RT John! <- Youre welcome Robin. Its a habit ;-) LOL! #[leadfromwithin](#)

[8:30 pm](#) **[sweatypma:](#)** RT @[lollydaskal](#): A3: Habits to admire: trustworthy and honesty #[leadfromwithin](#)

[8:30 pm](#) **[Cybuhr:](#)** A5: Lead yourself, from within. #[leadfromwithin](#)

[8:30 pm](#) **[getsweetie:](#)** So many pattern responses we often do not recognize as a pattern until we ask "what happens next" "and next"... #[leadfromwithin](#)

[8:30 pm](#) **[dapancost:](#)** A5: Attatch the "payoff" of the old habit to the new one. #[leadfromwithin](#)

[8:30 pm](#) **[john_paul:](#)** RT @[JKWinnovation](#) To break a habit I want to change, I replace it with a behavior I want to emulate (A5) #[leadfromwithin](#)

[8:30 pm](#) **[worksmarta:](#)** RT @[growinggold](#): A5 just like Pavlovs dogs.Give yourself Positive Reinforcement for positive NEW behavior, reward the change #[leadfromwithin](#)

[8:31 pm](#) **[mark_newton:](#)** A5: Place a greater value on those habit that must be changed - be accountable for the actions #[leadfromwithin](#)

[8:31 pm](#) **[justaswethink:](#)** A5 You will never break the bad with out replacing it with good. In some cases this seems to require God not just good. #[leadfromwithin](#)

[8:31 pm](#) **[PatRobeck1ofHis:](#)** visualize yourself not completing the bad habit, even while doing it. #[leadfromwithin](#)

[8:31 pm](#) **[worksmarta:](#)** :D RT @[Cybuhr](#): A5: Lead yourself, from within. #[leadfromwithin](#)

[8:31 pm](#) **[growinggold:](#)** RT @[CoachFloSchell](#) Try on the habit. Dance the habit. Put ur habit thru all ur sensory tests. Does it feel right 4U? Begin! #[leadfromwithin](#)

[8:31 pm](#) [waynemcevilly](#): Gotta drop out of [#leadfromwithin](#) to take care of some issues.... Thank you everyone both those I engaged with and all here tonight! Wayne

[8:31 pm](#) [lollydaskal](#): Q6: What are some of the "obstacles" you may encounter when creating a new habit? [#leadfromwithin](#)

[8:31 pm](#) [Preenz10](#): RT [@LollyDaskal](#): A4: Develop a sincere desire for the things you want. [#leadfromwithin](#)

[8:31 pm](#) [StrategicMonk](#): RT [@getsweetie](#): So many pattern responses we often do not recognize as a pattern until we ask "what happens next" "& next... [#leadfromwithin](#)

[8:31 pm](#) [getsweetie](#): When we ignore our emotional needs, our physical longing often speak louder...hunger, depression, etc [#leadfromwithin](#)

[8:31 pm](#) [worksmarta](#): RT [@mark_newton](#): A5: Place a greater value on those habit that must be changed - be accountable for the actions [#leadfromwithin](#)

[8:31 pm](#) [StrategicMonk](#): RT [@lollydaskal](#): Q6: What are some of the "obstacles" you may encounter when creating a new habit? [#leadfromwithin](#)

[8:31 pm](#) [growinggold](#): hello!! RT [@worksmarta](#) :D RT [@Cybuhr](#): A5: Lead yourself, from within. [#leadfromwithin](#)

[8:32 pm](#) [lollydaskal](#): A6:Obstacles to encounter when creating new habit: using words like ?should? ?but? ?never? ?perfect? [#leadfromwithin](#)

[8:32 pm](#) [Preenz10](#): RT [@LollyDaskal](#): A4: Your goals need to be specific, measurable, and realistic. [#leadfromwithin](#)

[8:32 pm](#) [Koomba303](#): Great! A WIIFM if you will[@dapancost](#) A5: Attatch the "payoff" of the old habit to the new one. [#leadfromwithin](#)

[8:32 pm](#) [dapancost](#): [@waynemcevilly](#) Bye, Wayne. Glad you could make it. [#leadfromwithin](#)

[8:32 pm](#) [lollydaskal](#): Q6: obstacles you may encounter when creating a new habit? [#leadfromwithin](#)

[8:32 pm](#) [spiritmarie1](#): RT [@dave_carpenter](#): RT [@LollyDaskal](#): A2: Important habit to cultivate: being grateful [#leadfromwithin](#) <One of my favorite habits

[8:32 pm](#) [al_argo](#): A5: By answering "Why" the habit needs to be eliminated, the "How" to eliminate it becomes easier. [#leadfromwithin](#) [#motivation](#)

[8:32 pm](#) [Preenz10](#): RT [@LollyDaskal](#): A4: Crystallize your thinking. Determine what specific goals you want to achieve [#leadfromwithin](#)

[8:32 pm](#) [justaswethink](#): RT [@lollydaskal](#): Q6: What are some of the "obstacles" you may encounter when creating a new habit? [#leadfromwithin](#)

[8:32 pm](#) [lollydaskal](#): A6:Obstacle to encounter when creating new habit: not to follow through [#leadfromwithin](#)

[8:32 pm](#) **[Robinbela](#)**: A5 break the habits by setting small goals to do something different each time than you normally do in those situations [#leadfromwithin](#)

[8:32 pm](#) **[growinggold](#)**: ooh, good! stop self in ur tracks! RT [@PatRobeck1ofHis](#) visualize yourself not completing the bad habit, even while doing it. [#leadfromwithin](#)

[8:33 pm](#) **[My_WebEvent](#)**: TRUE> RT [@lollydaskal](#): A6:Obstacles to encounter when creating new habit: using words like ?should? ?but? ?never? ?perfect? [#leadfromwithin](#)

[8:33 pm](#) **[getsweetie](#)**: A6 We often underestimate the need to voice to ourselves consistently the benefit of the new habit...while ignoring past exp [#leadfromwithin](#)

[8:33 pm](#) **[lollydaskal](#)**: YES! RT [@al_argo](#): A5: By answering "Why" the habit needs to be eliminated, the "How" to eliminate it becomes easier. [#leadfromwithin](#)

[8:33 pm](#) **[dapancost](#)**: A6: Sometimes the attitudes of others when they C U changing. They create obstacles b/c they dont wnt U 2 change. [#leadfromwithin](#)

[8:33 pm](#) **[john_paul](#)**: A6: a tendancy to slip back into the old pattern of behavior. [#leadfromwithin](#)

[8:33 pm](#) **[lollydaskal](#)**: A6:Obstacle to encounter when creating new habit: not being consistent [#leadfromwithin](#)

[8:33 pm](#) **[waynemcevilly](#)**: "Vest the hbait very deeply-not enough2hold it in the mind-the habit is to be vested deeply into the flesh..." [#Wayne2Wayne](#) [#leadfromwithin](#)

[8:33 pm](#) **[StrategicMonk](#)**: A6: The allure and comfort of old habits. [#leadfromwithin](#)

[8:33 pm](#) **[mark_newton](#)**: A6: Reactionary lifestyle vs Proactive focus [#leadfromwithin](#)

[8:33 pm](#) **[earthliz](#)**: A6: usually an old habit is easier than a new one, so that's an obstacle, as simple as it is [#leadfromwithin](#)

[8:33 pm](#) **[Cybuhr](#)**: A6: Old habits are like old coats, fpamiliar and comfortable. New habits take some breaking in. [#leadfromwithin](#)

[8:33 pm](#) **[lollydaskal](#)**: A6:Obstacle to encounter when creating new habit: taking on too much at one time. [#leadfromwithin](#)

[8:33 pm](#) **[My_WebEvent](#)**: A6: It's easy to change a habit when things are smooth, it's when bumps come we tend to slide into old habits. [#leadfromwithin](#)

[8:33 pm](#) **[mikenortheast](#)**: RT [@lollydaskal](#): Q6: obstacles you may encounter when creating a new habit? [#leadfromwithin](#)

[8:33 pm](#) **[PatRobeck1ofHis](#)**: a6 Laziness... [#leadfromwithin](#)

[8:33 pm](#) **[Preenz10](#)**: RT [@MagneticSilvia](#): A5: I don't worry about the old habit, I focus on the new habit I'm creating. [#leadfromwithin](#)

[8:33 pm](#) **[StrategicMonk](#)**: RT [@Cybuhr](#): A6: Old habits are like old coats, familiar and comfortable. New habits take some breaking in. [#leadfromwithin](#)

[8:34 pm](#) **[rgreen75](#)**: RT [@lollydaskal](#): A6:Obstacle to encounter when creating new habit: taking on too much at one time. [#leadfromwithin](#)

[8:34 pm](#) **[growinggold](#)**: RT [@justaswethink](#) U will never break the bad w/o replacing it w/good. In some cases this seems to require God not just good. [#leadfromwithin](#)

[8:34 pm](#) **[getsweetie](#)**: A6 Belief in what is possible often hinders repetitive new behavior..e.g. we do not believe that behaviors change existences [#leadfromwithin](#)

[8:34 pm](#) **[earthliz](#)**: Right! New habits need new systems. RT [@StrategicMonk](#): A6: The allure and comfort of old habits. [#leadfromwithin](#)

[8:34 pm](#) **[john_paul](#)**: RT [@mark_newton](#) A6: Reactionary lifestyle vs Proactive focus [#leadfromwithin](#)

[8:34 pm](#) **[Robinbela](#)**: Lol!! RT [@StrategicMonk](#): RT [@john_paul](#): [@Robinbela](#) thanks for the RT John! <- Youre welcome Robin. Its a habit ;-) LOL! [#leadfromwithin](#)

[8:34 pm](#) **[helenantholis](#)**: RT [@lollydaskal](#): Q6: What are some "obstacles" you may encounter when creating new habit? A6 Having no positive consequence [#leadfromwithin](#)

[8:34 pm](#) **[worksmarta](#)**: A6: Obstacles can come from the outside - Don't let others get in your way. Don't give in to peer pressure. [#leadfromwithin](#)

[8:34 pm](#) **[mikenortheast](#)**: RT [@lollydaskal](#): A6:Obstacle to encounter when creating new habit: taking on too much at one time. [#leadfromwithin](#)

[8:34 pm](#) **[Koomba303](#)**: A6 - Negativity from peers. [#leadfromwithin](#)

[8:34 pm](#) **[lollydaskal](#)**: A6:Obstacle to encounter when creating new habit: being overwhelmed [#leadfromwithin](#)

[8:34 pm](#) **[waynemcevilly](#)**: RT [@dave_carpenter](#) RT [@LollyDaskal](#): Q4: What steps do you take to create a "new" habit? [#leadfromwithin](#) <Letting go of limiting beliefs

[8:34 pm](#) **[OurTownMagazine](#)**: RT [@lollydaskal](#): A6:Obstacle to encounter when creating new habit: not to follow through [#leadfromwithin](#)

[8:34 pm](#) **[My_WebEvent](#)**: RT [@worksmarta](#): A6: Obstacles can come from the outside - Don't let others get in your way. Don't give in to peer pressure. [#leadfromwithin](#)

[8:34 pm](#) **[john_paul](#)**: RT [@lollydaskal](#) A6:Obstacle to encounter when creating new habit: being overwhelmed [#leadfromwithin](#)

[8:34 pm](#) **[Robinbela](#)**: RT [@lollydaskal](#): A6:Obstacles to encounter when creating new habit: using words like ?should? ?but? ?never? ?perfect? [#leadfromwithin](#)

[8:34 pm](#) [justaswethink](#): A6 Sliding right back into the comfort and familiarity of the old habits #[leadfromwithin](#)

[8:35 pm](#) [JKWinnovation](#): When trying to create a new habit, steer clear of old ways and behaviors (A6) #[leadfromwithin](#)

[8:35 pm](#) [StrategicMonk](#): A6: Perfectionism, and frustration. #[leadfromwithin](#)

[8:35 pm](#) [dapancost](#): A6: Not knowing what "habit" to replace the old habit with. #[leadfromwithin](#)

[8:35 pm](#) [BonesWorld78](#): RT [@lollydaskal](#): RT [@mark_newton](#): Q4: Break down goals into specific, measurable actions - measure daily, weekly #[leadfromwithin](#)

[8:35 pm](#) [EdwardColozzi](#): RT [@GetSweetie](#) WhenWe IgnoreRemotionalNeeds, R physical longing speak louder.hunger depression-> YES TheyR deeply ingrained #[leadfromwithin](#)

[8:35 pm](#) [lollydaskal](#): RT [@StrategicMonk](#): A6: Perfectionism, and frustration. #[leadfromwithin](#)

[8:35 pm](#) [Cybuhr](#): A6: If our new habits impact others, they may not want to change either. #[leadfromwithin](#)

[8:35 pm](#) [worksmarta](#): A6: Don't get caught up in "I'll do it tomorrow." #[leadfromwithin](#)

[8:35 pm](#) [dapancost](#): RT [@worksmarta](#): A6: Don't get caught up in "I'll do it tomorrow." #[leadfromwithin](#)

[8:36 pm](#) [StrategicMonk](#): RT [@Cybuhr](#): A6: If our new habits impact others, they may not want to change either. #[leadfromwithin](#)

[8:36 pm](#) [Robinbela](#): I like this one! RT [@LollyDaskal](#): A6:Obstacle to encounter when creating new habit: not to follow through #[leadfromwithin](#)

[8:36 pm](#) [justaswethink](#): RT [@StrategicMonk](#): RT [@Cybuhr](#): A6: Old habits are like old coats, familiar and comfortable. New habits take some breaking in. #[leadfromwithin](#)

[8:36 pm](#) [Koomba303](#): A6 - Questioning the outcome. How real is your goal? #[leadfromwithin](#)

[8:36 pm](#) [lollydaskal](#): RT [@worksmarta](#): A6: Dont get caught up in "Ill do it tomorrow." #[leadfromwithin](#)

[8:36 pm](#) [Cybuhr](#): RT [@StrategicMonk](#): A6: Perfectionism, and frustration. #[leadfromwithin](#)

[8:36 pm](#) [dapancost](#): RT [@Koomba303](#): A6 - Questioning the outcome. How real is your goal? #[leadfromwithin](#)

[8:36 pm](#) [getsweetie](#): RT [@Cybuhr](#): A6: If our new habits impact others, they may not want to change either/ true! #[leadfromwithin](#)

[8:36 pm](#) [justaswethink](#): RT [@worksmarta](#): A6: Don't get caught up in "I'll do it tomorrow." [#leadfromwithin](#)

[8:36 pm](#) [PatRobeck1ofHis](#): I never finish anyth [#leadfromwithin](#)

[8:36 pm](#) [growinggold](#): a5 creating the new habit with a new routine or pattern in itself replaces the old habit - new feels so good it takes over [#leadfromwithin](#)

[8:36 pm](#) [thehealthmaven](#): A6 Self doubt is a very strong obstacle - need tough love with yourself [#leadfromwithin](#)

[8:36 pm](#) [john_paul](#): RT [@StrategicMonk](#) A6: Perfectionism, and frustration. [#leadfromwithin](#)

[8:36 pm](#) [judittokyo](#): RT [@BunnyMellon](#): Lolly, just in time for [#LeadFromWithin](#): [@JuditTokyo](#) needs ideas on howto setup survivor notification system. Can U pls RT her?@[LollyDaskal](#)

[8:36 pm](#) [DaveLoneycom](#): Have long rage view. Measuring change over the long term is crucial as habits are often revisited in the short term. [#leadfromwithin](#)

[8:37 pm](#) [dapancost](#): [@PatRobeck1ofHis](#) Your "ing" is probably next to my car keys. [#leadfromwithin](#)

[8:37 pm](#) [OurTownMagazine](#): Great point! RT [@worksmarta](#) A6: Don't get caught up in "I'll do it tomorrow." [#leadfromwithin](#)

[8:37 pm](#) [Cybuhr](#): That's grea RT [@PatRobeck1ofHis](#): I never finish anyth [#leadfromwithin](#)

[8:37 pm](#) [My_WebEvent](#): RT [@worksmarta](#): A6: Don't get caught up in "I'll do it tomorrow." <Procrastination is nasty little habit, isn't it? [#leadfromwithin](#)

[8:37 pm](#) [helenantholis](#): A6. Old habits die hard for a reason. Believe in the value of the change and it will happen. [#leadfromwithin](#)

[8:37 pm](#) [earthliz](#): LOL! RT [@PatRobeck1ofHis](#): I never finish anyth [#leadfromwithin](#)

[8:37 pm](#) [CoachFloSchell](#): A6 Obstacles to New Habits: Entrophy. Laziness. Spme-old Spme-old thinking. I can't. I don't know how. Lack of energy. FEAR [#leadfromwithin](#)

[8:37 pm](#) [SyedAli_Shahab](#): RT [@LollyDaskal](#): A6:Obstacle to encounter when creating new habit: not being consistent [#leadfromwithin](#)

[8:37 pm](#) [growinggold](#): RT [@StrategicMonk](#) RT [@lollydaskal](#): Q6: What are some of the "obstacles" you may encounter when creating a new habit? [#leadfromwithin](#)

[8:37 pm](#) [dapancost](#): RT [@PatRobeck1ofHis](#): I never finish anyth [#leadfromwithin](#)

[8:37 pm](#) [john_paul](#): RT [@thehealthmaven](#) A6 Self doubt is a very strong obstacle - need

pm tough love with yourself [#leadfromwithin](#)

[8:37 pm](#) [Koomba303](#): Ah, discipline. [@thehealthmaven](#) A6 Self doubt is a very strong obstacle - need tough love with yourself [#leadfromwithin](#)

[8:37 pm](#) [getsweetie](#): A6 Keeping personal boundaries means realigning not only your own behavior, but preventing others from encroaching [#leadfromwithin](#)

[8:37 pm](#) [Robert0375](#): RT [@thehealthmaven](#): A6 Self doubt is a very strong obstacle - need tough love with yourself [#leadfromwithin](#)

[8:37 pm](#) [mark_newton](#): A6: Too much focus on desired result vs necessary actions [#leadfromwithin](#)

[8:37 pm](#) [Cybuhr](#): RT [@helenantholis](#): A6. Old habits die hard for a reason. Believe in the value of the change and it will happen. [#leadfromwithin](#)

[8:38 pm](#) [dapancost](#): RT [@mark_newton](#): A6: Too much focus on desired result vs necessary actions [#leadfromwithin](#) (good point -- fantasy never produces reality)

[8:38 pm](#) [lollydaskal](#): RT [@mark_newton](#): A6: Too much focus on desired result vs necessary actions [#leadfromwithin](#)

[8:38 pm](#) [StrategicMonk](#): RT [@worksmarta](#): A6: Dont get caught up in "Ill do it tomorrow." Or in "it has to be done yesterday." [#leadfromwithin](#)

[8:38 pm](#) [LadybugLuggage](#): [@LollyDaskal](#) learning to prioritize [#leadfromwithin](#)

[8:38 pm](#) [My_WebEvent](#): So TRUE!>RT [@Robert0375](#): RT [@thehealthmaven](#): A6 Self doubt is a very strong obstacle - need tough love with yourself [#leadfromwithin](#)

[8:38 pm](#) [StrategicMonk](#): RT [@mark_newton](#): A6: Too much focus on desired result vs necessary actions [#leadfromwithin](#)

[8:38 pm](#) [getsweetie](#): a6 Often behaviors recognized may not be the root belief that has to be addressed for true change. [#leadfromwithin](#)

[8:38 pm](#) [DickiePhukzalot](#): To all you bitches bringing the price of pussy down...that shit ain't cool [#leadfromwithin](#)

[8:38 pm](#) [luvsParis](#): RT [@lollydaskal](#): RT [@mark_newton](#): A6: Too much focus on desired result vs necessary actions [#leadfromwithin](#)

[8:38 pm](#) [Robinbela](#): A6 Obstacles to habit creating -'feeling undeserved',lack of belief in self & doing it to please others than self [#leadfromwithin](#)

[8:39 pm](#) [growinggold](#): A6 "obstacles" 2creating new habits is entirely resistance of the old wantg 2keep hold: strength, persavearance must prevail [#leadfromwithin](#)

[8:39 pm](#) [justaswethink](#): RT [@getsweetie](#): a6 Often behaviors recognized may not be the root belief that has to be addressed for true change. [#leadfromwithin](#)

[8:39 pm](#) [mark_newton](#): A6: Lack of a formal platform on which to track progress #[leadfromwithin](#)

[8:39 pm](#) [PatRobeck1ofHis](#): LOL RT @[dapancost](#): @[PatRobeck1ofHis](#) Your "ing" is probably next to my car keys. #[leadfromwithin](#)

[8:39 pm](#) [dapancost](#): RT @[GetSweetie](#): a6 oftn behaviors recognized may not B the root belief that has 2 B addressed 4 tru change. #[leadfromwithin](#) (Excellent)

[8:40 pm](#) [helenantholis](#): Or I can't do it.RT @[StrategicMonk](#): RT @[worksmarta](#): A6: Don't say I'll do it tomorrow." Or "it has to be done yesterday." #[leadfromwithin](#)

[8:40 pm](#) [JKWleadership](#): The more I make an effort to LISTEN to what others are saying, the more natural listening becomes. (A7) #[leadfromwithin](#)

[8:40 pm](#) [StrategicMonk](#): Q7: What are some of your habits as you lead others? #[leadfromwithin](#)

[8:40 pm](#) [dapancost](#): RT @[mark_newton](#): A6: Lack of a formal platform on which to track progress #[leadfromwithin](#) (Yes. Keeping track is very important)

[8:40 pm](#) [Robinbela](#): RT @[StrategicMonk](#): RT @[mark_newton](#): A6: Too much focus on desired result vs necessary actions #[leadfromwithin](#)

[8:40 pm](#) [earthliz](#): But some times I get caught up in the tools RT @[mark_newton](#): A6: Lack of a formal platform on which to track progress #[leadfromwithin](#)

[8:40 pm](#) [dolynesaids](#): RT @[lollydaskal](#): A5: Breaking bad habits often times means going back & expanding or changing things a bit each time #[leadfromwithin](#)

[8:40 pm](#) [PatRobeck1ofHis](#): a6 seriously; not surrounding yourself with supporters. #[leadfromwithin](#)

[8:40 pm](#) [lollydaskal](#): Q7: What are some of your habits as you "lead others"? #[leadfromwithin](#)

[8:40 pm](#) [growinggold](#): a6 I get drained, feel tired when something old is getting in the way of my forward motion *must recognize* address! #[leadfromwithin](#)

[8:40 pm](#) [EdwardColozzi](#): @[John_Paul](#) @[thehealthmavenSelf](#) doubt is very strong obstacle -need tough love w yourself--> PERHAPS need Unconditional LOVE #[leadfromwithin](#)

[8:40 pm](#) [lollydaskal](#): A7: habits as you lead others: Develop positive thinking #[leadfromwithin](#)

[8:40 pm](#) [MagneticSilvia](#): This is a big one! RT @[PatRobeck1ofHis](#): a6 seriously; not surrounding yourself with supporters. #[leadfromwithin](#)

[8:41 pm](#) [lollydaskal](#): A7:habits as you lead others: Practice compassion #[leadfromwithin](#)

[8:41 pm](#) [al_argo](#): A6'Lack of willpower' often keeps people from keeping their new commitment r habit! Be persistent @[LollyDaskal](#) #[leadfromwithin](#) #[motivation](#)

[8:41 pm](#) **[john_paul](#)**: [@StrategicMonk](#) Q7: What are some of your habits as you lead others? <- surprizingly, i'm not in the habit of leading others. [#leadfromwithin](#)

[8:41 pm](#) **[Cybuhr](#)**: A7: Listen. [#leadfromwithin](#)

[8:41 pm](#) **[getsweetie](#)**: A7 To help frpme the answers and whys of what is spoken to me and help others find new paths around roadblocks [#leadfromwithin](#)

[8:41 pm](#) **[SCJoson](#)**: RT [@LollyDaskal](#): RT [@mark_newton](#): A6: Too much focus on desired result vs necessary actions [#leadfromwithin](#)

[8:41 pm](#) **[SyedAli_Shahab](#)**: RT [@LollyDaskal](#): A6:Obstacle to encounter when creating new habit: taking on too much at one time. [#leadfromwithin](#)

[8:41 pm](#) **[lollydaskal](#)**: habits as you lead others: Learn to listen to others [#leadfromwithin](#)

[8:41 pm](#) **[mark_newton](#)**: A7: Saying "thank you" [#leadfromwithin](#)

[8:41 pm](#) **[john_paul](#)**: A7: I pm in the habit of helping others, always like to help if i can. [#leadfromwithin](#)

[8:42 pm](#) **[dapancost](#)**: A7: Encouragement and helping clarify perspective of those I lead [#leadfromwithin](#)

[8:42 pm](#) **[StartYourOwnBIG](#)**: RT [@lollydaskal](#): A7: habits as you lead others: Develop positive thinking [#leadfromwithin](#)

[8:42 pm](#) **[mark_newton](#)**: A7: Sending very personal handwritten notes [#leadfromwithin](#)

[8:42 pm](#) **[Koomba303](#)**: A7 - Maintaining a development culture. [#leadfromwithin](#)

[8:42 pm](#) **[helenantholis](#)**: RT [@lollydaskal](#): Q7: What are some of your habits as you "lead others"? Help them and encourage them to be their best. [#leadfromwithin](#)

[8:42 pm](#) **[getsweetie](#)**: A7 I believe that we are to engage in what/who/ are before us fully, attend where we are in that moment. [#leadfromwithin](#)

[8:42 pm](#) **[growinggold](#)**: a6 address *internally* 2uncover belief/fear that is holding u back,when it is recognized loses power: allows forward motion [#leadfromwithin](#)

[8:42 pm](#) **[Robert0375](#)**: RT [@lollydaskal](#): habits as you lead others: Learn to listen to others [#leadfromwithin](#)

[8:42 pm](#) **[StrategicMonk](#)**: RT [@Koomba303](#): A7 - Maintaining a development culture. [#leadfromwithin](#)

[8:42 pm](#) **[worksmarta](#)**: yes! so rare but means so much now RT [@mark_newton](#): A7: Sending very personal handwritten notes [#leadfromwithin](#)

8:42 pm **Cybuhr:** RT @getsweetie: A7 2 help frpme the answers & whys of what is spoken to me and help others find new paths around roadblocks #leadfromwithin

8:42 pm **My_WebEvent:** RT @Cybuhr: Listen > Yes, leading means helping others reach their goals. Listen and Teach! #leadfromwithin

8:42 pm **getsweetie:** RT @mark_newton: A7: Sending very personal handwritten notes/ so affirming! #leadfromwithin

8:43 pm **PatRobeck1ofHis:** I pm in the habit of doing too much... #leadfromwithin

8:43 pm **john_paul:** RT @Koomba303 A7 - Maintaining a development culture. #leadfromwithin

8:43 pm **AFC_Accounting:** RT @dapancost: A7: Encouragement and helping clarify perspective of those I lead #leadfromwithin

8:43 pm **getsweetie:** RT @StrategicMonk: RT @Koomba303: A7 - Maintaining a development culture. #leadfromwithin

8:43 pm **dapancost:** RT @GetSweetie: A7 I believe that we are to engage in what/who/ are before us fully, attend where we are in that moment. #leadfromwithin

8:43 pm **CoachFloSchell:** RT @helenantholis: A6. Old habits die hard for a reason. Believe in the value of the change and it will happen. via @Cybuhr #leadfromwithin

8:43 pm **StrategicMonk:** RT @PatRobeck1ofHis: I pm in the habit of doing too much... #leadfromwithin

8:43 pm **growinggold:** RT @LollyDaskal Q7: What are some of your habits as you "lead others"? #leadfromwithin

8:43 pm **getsweetie:** A7/ leading empowers others when you show them, not tell them.... #leadfromwithin

8:43 pm **justaswethink:** RT @lollydaskal: Q7: What are some of your habits as you "lead others"? #leadfromwithin

8:44 pm **AFC_Accounting:** RT @StrategicMonk: RT @Koomba303: A7 - Maintaining a development culture. #leadfromwithin

8:44 pm **mark_newton:** A7: Spending time ALONE (first) to gather focus #leadfromwithin

8:44 pm **StrategicMonk:** RT @getsweetie: A7/ leading empowers others when you show them, not tell them.... #leadfromwithin

8:44 pm **john_paul:** A7: We make our habits and then our habits make us lead. #leadfromwithin

8:44 pm **worksmarta:** A7: Patience #leadfromwithin

[8:44 pm](#) **[Koomba303](#)**: A7 - Keeping the discipline to put credibility in my accountability. Good and bad. #[leadfromwithin](#)

[8:44 pm](#) **[justaswethink](#)**: A7 Reinvestment back into building right habits in those following. #[leadfromwithin](#)

[8:44 pm](#) **[lollydaskal](#)**: Q8: How do you create effective leadership habits? #[leadfromwithin](#)

[8:44 pm](#) **[StartYourOwnBIG](#)**: A7 #[leadfromwithin](#) constantly work on and improve the habit of listening -- really listening without judgement

[8:44 pm](#) **[dapancost](#)**: RT @[worksmarta](#): A7: Patience #[leadfromwithin](#) (like this one -- one I'm working on now)

[8:44 pm](#) **[earthliz](#)**: A7 - my habit when leading is to find out why other people share the vision - what are their personal motivations? #[leadfromwithin](#)

[8:44 pm](#) **[womanonajourney](#)**: RT @[SCJoson](#): RT @[LollyDaskal](#): RT @[mark_newton](#): A6: Too much focus on desired result vs necessary actions #[leadfromwithin](#)

[8:44 pm](#) **[BcosImChuckBass](#)**: RT @[lollydaskal](#): A7:habits as you lead others: Practice compassion #[leadfromwithin](#)

[8:45 pm](#) **[dapancost](#)**: RT @[StartYourOwnBIG](#): A7 #[leadfromwithin](#) constantly work on and improve the habit of listening -- really listening without judgement

[8:45 pm](#) **[My_WebEvent](#)**: @[PatRobeck1ofHis](#) Doing too much is easy to fall into! #[leadfromwithin](#)

[8:45 pm](#) **[lollydaskal](#)**: Q8: effective leadership habit: is to track progress #[leadfromwithin](#)

[8:45 pm](#) **[JKWgrowth](#)**: When we observe, model, act and repeat, then repeat again we create effective leadership habits (A8) #[leadfromwithin](#)

[8:45 pm](#) **[Robert0375](#)**: RT @[lollydaskal](#): A7: habits as you lead others: Develop positive thinking #[leadfromwithin](#)

[8:45 pm](#) **[lollydaskal](#)**: Q8: effective leadership habit: is to constantly ask why and how #[leadfromwithin](#)

[8:45 pm](#) **[iconleth](#)**: RT @[lollydaskal](#): Q8: How do you create effective leadership habits? #[leadfromwithin](#)

[8:45 pm](#) **[growinggold](#)**: a7 habits in leading others: patience!!! remember my expertise is not theirs, that's why they need me: be patient, teach #[leadfromwithin](#)

[8:45 pm](#) **[worksmarta](#)**: @[dapancost](#) Me too! #[leadfromwithin](#)

[8:45 pm](#) **[lollydaskal](#)**: Q8: effective leadership habit: to appreciate others #[leadfromwithin](#)

[8:45](#) **[CoachFloSchell](#)**: A7 :Habits Leading Others: Genuine caring. Empathy. Collaboration.

pm Open and clear communication from the heart. #leadfromwithin

8:45 **grial:** RT @lollydaskal: Q8: effective leadership habit: is to track progress
pm #leadfromwithin

8:45 **StrategicMonk:** A7: Learn from our mistakes. #leadfromwithin
pm

8:45 **DaveLoneycom:** @DaveLoneycom If concerned with measuring short-term gains, the
pm effort can seem counter productive and counter intuitive
#leadfromwithin

8:46 **AFC_Accounting:** RT @LollyDaskal: Q8: How do you create effective leadership habits?
pm #leadfromwithin

8:46 **john_paul:** RT @BcosImChuckBass @lollydaskal: A7:habits as you lead others:
pm Practice compassion ,- YES! #leadfromwithin

8:46 **womanonajourney:** RT @getsweetie: A7 I believe that we are to engage in what/who/ are
pm before us fully, attend where we are in that moment. #leadfromwithin

8:46 **My_WebEvent:** YES> RT @earthliz: A7 - my habit is to find out why other people
pm share the vision-what are their personal motivations? #leadfromwithin

8:46 **lollydaskal:** Q8: effective leadership habit: is to surround yourself with like minded
pm individuals. #leadfromwithin

8:46 **growinggold:** RT @LollyDaskal Q8: How do you create effective leadership habits?
pm #leadfromwithin

8:46 **Robert0375:** RT @lollydaskal: Q7: What are some of your habits as you "lead
pm others"? #leadfromwithin

8:46 **womanonajourney:** RT @My_WebEvent: RT @Cybuhr: Listen > Yes, leading means
pm helping others reach their goals. Listen and Teach! #leadfromwithin

8:46 **EdwardColozzi:** RT @mark_newton Spending time ALONE (first) to gather focus-->
pm YES Mark!, Best way 2 break bad habits/create healthy ones.
#leadfromwithin

8:46 **Robinbela:** A7 my habits as I lead others is to stay peaceful, centered & grounded
pm #leadfromwithin

8:46 **justaswethink:** RT @lollydaskal: Q8: How do you create effective leadership habits?
pm #leadfromwithin

8:46 **womanonajourney:** RT @PatRobeck1ofHis: I pm in the habit of doing too much...
pm #leadfromwithin

8:46 **lollydaskal:** Q8: effective leadership habit: is to be a life long learner
pm #leadfromwithin

8:46 **mark_newton:** A8: I use www.irunurun.com to create habits in leadership
pm #leadfromwithin

[8:46 pm](#) [getsweetie:](#) A8/ Effective habits are not simply about one area of your life, but all areas of your life spir/phy/emot/fin/creative/relat [#leadfromwithin](#)

[8:46 pm](#) [Cybuhr:](#) A8: Keep checking to see if someone's following. If not, not effective, time for a new habit. [#leadfromwithin](#)

[8:47 pm](#) [AFC_Accounting:](#) RT [@LollyDaskal:](#) Q8: effective leadership habit: to appreciate others [#leadfromwithin](#)

[8:47 pm](#) [womanonajourney:](#) RT [@john_paul:](#) A7: We make our habits and then our habits make us lead. [#leadfromwithin](#)

[8:47 pm](#) [helenantholis:](#) By focusing on what's important & engaging with empathy.RT [@lollydaskal:](#) Q8: How do you create effective leadership habits? [#leadfromwithin](#)

[8:47 pm](#) [griall:](#) RT [@lollydaskal:](#) Q8: How do you create effective leadership habits? [#leadfromwithin](#)

[8:47 pm](#) [dapancost:](#) A8: Try to adopt the perspective and understanding of those you lead. Do so with humility. [#leadfromwithin](#)

[8:47 pm](#) [lollydaskal:](#) Q8: effective leadership habit: is to give credit where credit is due [#leadfromwithin](#)

[8:47 pm](#) [mark_newton:](#) RT [@lollydaskal:](#) Q8: effective leadership habit: is to track progress [#leadfromwithin](#)

[8:47 pm](#) [Cybuhr:](#) RT [@dapancost:](#) A8: Try to adopt the perspective and understanding of those you lead. Do so with humility. [#leadfromwithin](#)

[8:47 pm](#) [john_paul:](#) RT [@helenantholis](#) By focusing on what's important & engaging with empathy. [#leadfromwithin](#)

[8:47 pm](#) [getsweetie:](#) Effective Ldrshp habit, engage in listening to one's heart as well as to feed one's mind, fellowship with others. [#leadfromwithin](#)

[8:47 pm](#) [al_argo:](#) Q7:What are some of your habits as you "lead others"?
A7:Care,Consistency,Trust, Enthusiasm, Expmple, Learning, Gratitude [#leadfromwithin](#)

[8:47 pm](#) [LizPHR2006:](#) RT [@lollydaskal:](#) Q8: effective leadership habit: is to give credit where credit is due [#leadfromwithin](#)

[8:47 pm](#) [dapancost:](#) RT [@Cybuhr:](#) A8: Keep checking to see if someone's following. If not, not effective, time for a new habit. [#leadfromwithin](#) :-) Good point.

[8:48 pm](#) [AFC_Accounting:](#) RT [@LollyDaskal:](#) Q8: effective leadership habit: is to be a life long learner [#leadfromwithin](#)

[8:48 pm](#) [EdmontonPM:](#) RT [@lollydaskal:](#) Q8: effective leadership habit: is to be a life long learner [#leadfromwithin](#)

[8:48 pm](#) [womanonajourney:](#) A8 Work hard to become the type of person others want to follow [#leadfromwithin](#)

8:48 pm **[donnypep](#)**: RT [@lollydaskal](#): habits as you lead others: Learn to listen to others [#leadfromwithin](#)

8:48 pm **[OurTownMagazine](#)**: A7 To show enthusiasm, and ensure open communication. [#Leadfromwithin](#)

8:48 pm **[justaswethink](#)**: A8 Be yourself, Be real, and Be consistent. [#leadfromwithin](#)

8:48 pm **[KingWeddington](#)**: RT [@LollyDaskal](#): Q8: effective leadership habit: is to be a life long learner [#leadfromwithin](#)

8:48 pm **[getsweetie](#)**: A8/ Learn who you are not, so you can engage as who you are. [#leadfromwithin](#)

8:48 pm **[StartYourOwnBIG](#)**: RT [@dapancost](#): A8: Try to adopt the perspective and understanding of those you lead. Do so with humility. [#leadfromwithin](#)

8:48 pm **[earthliz](#)**: Q8: Leading isn't much different than caring - so you can practice with anyone. [#leadfromwithin](#)

8:48 pm **[dapancost](#)**: RT [@LollyDaskal](#): Q8: effective leadership habit: is to surround yourself with like minded individuals. [#leadfromwithin](#)

8:48 pm **[womanonajourney](#)**: RT [@JKWgrowth](#): When we observe, model, act and repeat, then repeat again we create effective leadership habits (A8) [#leadfromwithin](#)

8:49 pm **[dapancost](#)**: RT [@earthliz](#): Q8: Leading isn't much different than caring - so you can practice with anyone. [#leadfromwithin](#) (really like this, a lot)

8:49 pm **[AFC_Accounting](#)**: RT [@getsweetie](#): A8/ Learn who you are not, so you can engage as who you are. [#leadfromwithin](#)

8:49 pm **[lollydaskal](#)**: RT [@StartYourOwnBIG](#): RT [@dapancost](#): A8: Try to adopt the perspective and understanding of those you lead. Do so with humility [#leadfromwithin](#)

8:49 pm **[growinggold](#)**: a8 practice! patience with self and others... be kind, loving in everyday encounters, remember we all need helping hands [#leadfromwithin](#)

8:49 pm **[sweatypma](#)**: RT [@lollydaskal](#): Q8: effective leadership habit: to appreciate others [#leadfromwithin](#)

8:49 pm **[StrategicMonk](#)**: A8: By learning to follow. [#leadfromwithin](#)

8:49 pm **[DaveLoneycom](#)**: Put your head first - be forward thinking and lean in the direction you want to go - believe the rest of you will catch up. [#leadfromwithin](#)

8:49 pm **[worksmarta](#)**: Very cool! Just checked it out. RT [@mark_newton](#): A8: I use [www.irunurun.com](#) to create habits in leadership [#leadfromwithin](#)

8:49 pm **[Cybuhr](#)**: Spot on for leading from within! RT [@getsweetie](#): A8/ Learn who you are not, so you can engage as who you are. [#leadfromwithin](#)

[8:49 pm](#) [womanonajourney](#): A8 Study the habits of others we want to emulate to learn the habits we need [#leadfromwithin](#)

[8:50 pm](#) [StrategicMonk](#): Q9: How do you help others develop their leadership habits? [#leadfromwithin](#)

[8:50 pm](#) [JKWleadership](#): By watching other leaders and sharing our observations we help others and ourselves (A9) [#leadfromwithin](#)

[8:50 pm](#) [PatRobeck1ofHis](#): For sure! RT [@my_webevent](#): [@PatRobeck1ofHis](#) Doing too much is easy to fall into! [#leadfromwithin](#)

[8:50 pm](#) [jctsaunders](#): RT [@lollydaskal](#): Q8: effective leadership habit: is to surround yourself with like minded individuals. [#leadfromwithin](#)

[8:50 pm](#) [helenantholis](#): A8. Effective Leadership Habit: Ask the right questions and really listen to the answers. [#leadfromwithin](#)

[8:50 pm](#) [earthliz](#): Hn! [@dapancost](#). Its important to remember leadership isn't tied to a position or a stage in life. [#leadfromwithin](#)

[8:50 pm](#) [dapancost](#): RT [@womanonajourney](#): A8 Study the habits of others we want to emulate to learn the habits we need [#leadfromwithin](#) (modeling -- good stuff)

[8:50 pm](#) [getsweetie](#): a8/ remember your perspective may not connect to others experience, and both perspectives may reveal the truth in each. [#leadfromwithin](#)

[8:50 pm](#) [lollydaskal](#): Q8: effective leadership is to learn to [#leadfromwithin](#)

[8:50 pm](#) [willipmstello](#): RT [@lollydaskal](#): Q8: effective leadership habit: is to constantly ask why and how [#leadfromwithin](#)

[8:50 pm](#) [karolinabyrd](#): RT [@getsweetie](#): A6 Keeping personal boundaries means realigning not only your own behavior, but preventing others from encroaching [#leadfromwithin](#)

[8:50 pm](#) [justaswethink](#): RT [@lollydaskal](#): RT [@StartYourOwnBIG](#): RT [@dapancost](#): A8: Try to adopt the perspective and understanding of those you lead.Do so with humility [#leadfromwithin](#)

[8:50 pm](#) [justaswethink](#): RT [@StrategicMonk](#): A8: By learning to follow. [#leadfromwithin](#)

[8:50 pm](#) [worksmarta](#): A9: Positivity, motivation. [#leadfromwithin](#)

[8:50 pm](#) [mark_newton](#): RT [@lollydaskal](#): Q8: effective leadership habit: is to give credit where credit is due [#leadfromwithin](#)

[8:50 pm](#) [CoachFloSchell](#): Special thanks to [@waynemcevilly](#) [@growinggold](#) for your generous retweeting during [#leadfromwithin](#) chat. You are appreciated!

[8:50](#) [Cyankiling](#): RT [@lollydaskal](#): A4: Your goals need to be specific, measurable, and

pm realistic. #[leadfromwithin](#)

8:50 **[growinggold](#)**: that's beautiful! RT @[earthliz](#) Q8: Leading isn't much different than caring - so you can practice with anyone. #[leadfromwithin](#)
pm

8:51 **[AFC_Accounting](#)**: RT @[justaswethink](#): A8 Be yourself, Be real, and Be consistent.
pm #[leadfromwithin](#)

8:51 **[Cybuhr](#)**: Lean in, Lead on! RT @[DaveLoneycom](#): Put your head 1st, B 4ward thinking & lean in the direction you want to go ... #[leadfromwithin](#)
pm

8:51 **[justaswethink](#)**: RT @[earthliz](#): Q8: Leading isn't much different than caring - so you can practice with anyone. #[leadfromwithin](#)
pm

8:51 **[PatRobeck1ofHis](#)**: A9 by being a great expmple. #[leadfromwithin](#)
pm

8:51 **[AFC_Accounting](#)**: RT @[KingWeddington](#): RT @[LollyDaskal](#): Q8: effective leadership habit: is to be a life long learner #[leadfromwithin](#)
pm

8:51 **[irunurun](#)**: RT @[lollydaskal](#): Q8: effective leadership habit: is to track progress
pm #[leadfromwithin](#)

8:51 **[john_paul](#)**: Q(: By supporting them w/ loving compassion and understanding - encouraging them with recognition. #[leadfromwithin](#)
pm

8:51 **[Robinbela](#)**: A8 effective leadership skills includes being present in the moment by which you can handle all situations- staying grounded #[leadfromwithin](#)
pm

8:51 **[helenantholis](#)**: RT @[StrategicMonk](#): Q9: How do you help others develop their leadership habits? Share, train, model, and reinforce new habits
pm #[leadfromwithin](#)

8:51 **[dapancost](#)**: A9: Encouragement, observation, modeling, sharing perspective.
pm #[leadfromwithin](#)

8:51 **[SteveKoss](#)**: Q8 disagree surrounding yourself with like minded individuals, creates a danger zone called groupthink #[leadfromwithin](#) ;)
pm

8:52 **[Cybuhr](#)**: No better way. RT @[PatRobeck1ofHis](#): A9 by being a great expmple.
pm #[leadfromwithin](#)

8:52 **[IvyTechWorks](#)**: RT @[lollydaskal](#): Q8: effective leadership habit: is to be a life long learner #[leadfromwithin](#)
pm

8:52 **[lollydaskal](#)**: RT @[StrategicMonk](#) Q9: How do you help others develop their leadership habits? #[leadfromwithin](#)
pm

8:52 **[growinggold](#)**: RT @[dapancost](#) RT @[womanonajourney](#) Study habits of others we want 2 emulate 2 learn the habits we need #[leadfromwithin](#) (modeling-good stuff)
pm

8:52 **[mark_newton](#)**: RT @[dapancost](#): A8: Try to adopt the perspective and understanding of those you lead. Do so with humility. #[leadfromwithin](#)
pm

[8:52 pm](#) **[lollydaskal](#)**: A9: talk less and listen more [#leadfromwithin](#)

[8:52 pm](#) **[artyowza](#)**: RT [@lollydaskal](#): Q8: effective leadership habit: to appreciate others [#leadfromwithin](#)

[8:52 pm](#) **[Koomba303](#)**: A9 - Help them see the "opportunities" and have the criticism well received. [#leadfromwithin](#)

[8:52 pm](#) **[lollydaskal](#)**: A9: gain a reputation as a leader who cares [#leadfromwithin](#)

[8:52 pm](#) **[Natasha D G](#)**: RT [@KnowledgeBishop](#): All emotions must be explored, but not all must be voiced: When tempers flare, the wise look inside. [#leadfromwithin](#)

[8:52 pm](#) **[SCJoson](#)**: A must RT [@LollyDaskal](#): Q8: effective leadership habit: is to give credit where credit is due [#leadfromwithin](#)

[8:52 pm](#) **[StartYourOwnBIG](#)**: [#leadfromwithin](#) A9 ask questions.. don't tell use inquiry

[8:53 pm](#) **[EtiquettePage](#)**: RT [@lollydaskal](#): A9: gain a reputation as a leader who cares [#leadfromwithin](#)

[8:53 pm](#) **[justaswethink](#)**: RT [@SteveKoss](#): Q8 disagree surrounding yourself with like minded individuals, creates a danger zone called groupthink [#leadfromwithin](#) ;)

[8:53 pm](#) **[dapancost](#)**: RT [@StartYourOwnBIG](#): [#leadfromwithin](#) A9 ask questions.. don't tell use inquiry (good point!)

[8:53 pm](#) **[womanonajourney](#)**: Awesome! RT [@justaswethink](#): A8 Be yourself, Be real, and Be consistent. [#leadfromwithin](#)

[8:53 pm](#) **[Koomba303](#)**: RT [@LollyDaskal](#) A9: talk less and listen more [#leadfromwithin](#)

[8:53 pm](#) **[PatRobeck1ofHis](#)**: A9 Correct the mistakes, not the mistake maker. [#leadfromwithin](#)

[8:53 pm](#) **[womanonajourney](#)**: RT [@getsweetie](#): A8/ Learn who you are not, so you can engage as who you are. [#leadfromwithin](#)

[8:53 pm](#) **[AFC_Accounting](#)**: yes RT [@lollydaskal](#): A9: talk less and listen more [#leadfromwithin](#)

[8:53 pm](#) **[worksmarta](#)**: RT [@helenantholis](#): Share, train, model, and reinforce new habits [#leadfromwithin](#)

[8:53 pm](#) **[freetweetdaily](#)**: RT [@lollydaskal](#): A9: talk less and listen more [#leadfromwithin](#)

[8:53 pm](#) **[Effie05](#)**: RT [@lollydaskal](#): A9: talk less and listen more [#leadfromwithin](#)

[8:53 pm](#) **[dapancost](#)**: RT [@LollyDaskal](#): A9: gain a reputation as a leader who cares [#leadfromwithin](#) (Care is an absolute must)

[8:53 pm](#) **[al_argo](#)**: A8: To create successful leadership habits one must follow the "A1" model: "A Leader is 'Always Learning!'" - [@al_argo](#) [#leadfromwithin](#)

[8:53 pm](#) **[earthliz](#)**: A9: Depends on if you're leading up, down, or sideways... But always model it! [#leadfromwithin](#)

[8:53 pm](#) **[lollydaskal](#)**: A9 get out and connect with others - learn to pay attention. [#leadfromwithin](#)

[8:53 pm](#) **[StartYourOwnBIG](#)**: RT [@lollydaskal](#): A9: gain a reputation as a leader who cares [#leadfromwithin](#)

[8:53 pm](#) **[AFC_Accounting](#)**: RT [@artyowza](#): RT [@lollydaskal](#): Q8: effective leadership habit: to appreciate others [#leadfromwithin](#)

[8:54 pm](#) **[Robinbela](#)**: A8 leadership skills includes understanding the audience/ clients needs by listening & sharing & I'd say use also intuition! [#leadfromwithin](#)

[8:54 pm](#) **[worksmarta](#)**: Observe RT [@lollydaskal](#): A9 get out and connect with others - learn to pay attention. [#leadfromwithin](#)

[8:54 pm](#) **[mark_newton](#)**: A9: LOTS of listening - where do they want to go? Take them seriously! [#leadfromwithin](#)

[8:54 pm](#) **[growinggold](#)**: RT [@StrategicMonk](#) Q9: How do you help others develop their leadership habits? [#leadfromwithin](#)

[8:54 pm](#) **[StrategicMonk](#)**: RT [@StartYourOwnBIG](#): [#leadfromwithin](#) A9 ask questions.. dont tell use inquiry What do you mean by that? [#leadfromwithin](#)

[8:54 pm](#) **[Cybuhr](#)**: A9: With good followership habits. [#leadfromwithin](#)

[8:54 pm](#) **[PatRobeck1ofHis](#)**: When someone is doing the job, get out of the way! [#leadfromwithin](#)

[8:54 pm](#) **[Robert0375](#)**: RT [@lollydaskal](#): A6:Obstacle to encounter when creating new habit: being overwhelmed [#leadfromwithin](#)

[8:54 pm](#) **[IvyTechWorks](#)**: RT [@lollydaskal](#): A9: talk less and listen more [#leadfromwithin](#)

[8:55 pm](#) **[dapancost](#)**: RT [@PatRobeck1ofHis](#): When someone is doing the job, get out of the way! [#leadfromwithin](#) (Wow. Is that one a truism!)

[8:55 pm](#) **[lollydaskal](#)**: A9: Showing your humanity by admitting mistakes & apologizing can help u develop better relationships w/ your followers [#leadfromwithin](#)

[8:55 pm](#) **[growinggold](#)**: RT [@worksmarta](#) RT [@helenantholis](#): Share, train, model, and reinforce new habits [#leadfromwithin](#) // in self and others!

[8:55 pm](#) **[womanonajourney](#)**: A9By showing them how building these habits can help them reach

pm their goals [#leadfromwithin](#)

8:55 **My_WebEvent:** [@PatRobeck1ofHis](#) YES! Teach and then get out of the way!
pm [#leadfromwithin](#)

8:55 **SteveKoss:** A3 give them a book(s) and/or movie to watch, then go Socrates ask
pm questions, whys?.discover if commitment there [#leadfromwithin](#)

8:55 **lollydaskal:** Q10: How would you like to change your habits to [#leadfromwithin](#)?
pm [#leadfromwithin](#)

8:55 **Cybuhr:** Good followership habit #1. RT [@PatRobeck1ofHis](#): When someone
pm is doing the job, get out of the way! [#leadfromwithin](#)

8:55 **helenantholis:** So true. Maybe they'll finish your anyth:-) RT [@PatRobeck1ofHis](#):
pm When someone is doing the job, get out of the way! [#leadfromwithin](#)

8:56 **dapancost:** A9: Effective leadership starts with service toward your followers.
pm Help them grow and so will you. [#leadfromwithin](#)

8:56 **StartYourOwnBIG:** [@StrategicMonk](#) a9 [#LEADFROMWITHIN](#) when developing others
pm resist the urge to tell them what to do but ask ?s so they figure out on
their own

8:56 **GreenSkyDeb:** RT [@lollydaskal](#): A9: talk less and listen more [#leadfromwithin](#)
pm

8:56 **PatRobeck1ofHis:** A9 Bringing cookies also helps. [#leadfromwithin](#)
pm

8:56 **alexysroma:** RT [@LollyDaskal](#): A9: talk less and listen more [#leadfromwithin](#)
pm

8:56 **lollydaskal:** A10: Take time to Mediate [#leadfromwithin](#)
pm

8:56 **lollydaskal:** A10: tcommit to constant change and growth [#leadfromwithin](#)
pm

8:56 **Cybuhr:** RT [@dapancost](#): A9: Effective leadership starts with service toward
pm your followers. Help them grow and so will you. [#leadfromwithin](#)

8:56 **PatRobeck1ofHis:** [@helenantholis](#) Yeah, maybe! [#leadfromwithin](#)
pm

8:56 **Cwelle:** RT [@lollydaskal](#): A10: Take time to Mediate [#leadfromwithin](#)
pm

8:56 **lollydaskal:** A10: go deeply, know your values, share your beliefs [#leadfromwithin](#)
pm

8:57 **john_paul:** RT [@lollydaskal](#) A10: Take time to Mediate [#leadfromwithin](#)
pm

8:57 **SteveKoss:** Priceless RT [@LollyDaskal](#): A10: Take time to Mediate

pm [#leadfromwithin](#)

8:57 pm **[My_WebEvent:](#)** RT @Cybuhr: @dapancost: A9: Effective leadership starts with service toward your followers. Help them grow and so will you! [#leadfromwithin](#)

8:57 pm **[NaturesWell:](#)** A9 @StrategicMonk Occasionally offering them more responsibility in taking the role in leadership [#leadfromwithin](#)

8:57 pm **[justaswethink:](#)** Q9: How do you help others develop their leadership habits? [#leadfromwithin](#) A9 Continue 2 develop your leadership habits as they follow.

8:57 pm **[growinggold:](#)** a9 empower! positive reinforcement... constantly! (grow their gold!!) :) [#leadfromwithin](#)

8:57 pm **[worksmarta:](#)** @PatRobeck1ofHis I like cookies! [#leadfromwithin](#)

8:57 pm **[lollydaskal:](#)** A10: learn to take charge of your outer life by taking charge of your "inner" life. [#leadfromwithin](#)

8:57 pm **[dapancost:](#)** RT @PatRobeck1ofHis: A9 Bringing cookies also helps. [#leadfromwithin](#) (LOL - and so does bringing donuts)

8:57 pm **[StrategicMonk:](#)** A10: Take time to know where we are going. [#leadfromwithin](#)

8:58 pm **[mark_newton:](#)** A10: To begin to do those things that matter most - all else is reactionary [#leadfromwithin](#)

8:58 pm **[EdwardColozzi:](#)** RT @LollyDaskal Take time to Mediate-> YES because ALL habits led from Truself R growthful & life-giving [#leadfromwithin](#)

8:58 pm **[StrategicMonk:](#)** RT @lollydaskal: A10: learn to take charge of your outer life by taking charge of your "inner" life. [#leadfromwithin](#)

8:58 pm **[Robinbela:](#)** A9 Train others for leadership by helping understand their unique talents & believe in what heart really is passionate about [#leadfromwithin](#)

8:58 pm **[Cybuhr:](#)** RT @lollydaskal: A10: learn to take charge of your outer life by taking charge of your "inner" life. [#leadfromwithin](#)

8:58 pm **[lollydaskal:](#)** A10: be an expmple of kindness, courage, empathy, humility, honor, love. [#leadfromwithin](#)

8:58 pm **[womanonajourney:](#)** RT @earthliz: A9: Depends on if you're leading up, down, or sideways... But always model it! [#leadfromwithin](#)

8:58 pm **[EdwardColozzi:](#)** Meditation leads 2 Truself inspired habits [#leadfromwithin](#)

8:58 pm **[DeanCantave:](#)** RT @lollydaskal: Q8: effective leadership habit: is to give credit where credit is due [#leadfromwithin](#)

[8:58 pm](#) [lollydaskal](#): A10: change your habits takes daily discipline. Living a life by leading within takes a lifetime. #[leadfromwithin](#)

[8:58 pm](#) [dapancost](#): Missed Q10: can someone repeat? Thanks. #[leadfromwithin](#)

[8:59 pm](#) [dave_carpenter](#): RT [@lollydaskal](#): A10: learn to take charge of your outer life by taking charge of your "inner" life. #[leadfromwithin](#)

[8:59 pm](#) [lollydaskal](#): A10: A person who doesn't know himself can do nothing for others #[leadfromwithin](#)

[8:59 pm](#) [blondebuddhist](#): RT [@KnowledgeBishop](#): All emotions must be explored, but not all must be voiced: When tempers flare, the wise look inside. #[leadfromwithin](#)

[8:59 pm](#) [DrMelanieG](#): RT [@lollydaskal](#): A10: change your habits takes daily discipline. Living a life by leading within takes a lifetime. #[leadfromwithin](#)

[8:59 pm](#) [growinggold](#): RT [@LollyDaskal](#) Q10: How would you like to change your habits to #[leadfromwithin](#)? #[leadfromwithin](#)

[8:59 pm](#) [DaveLoneycom](#): ?[@DaveLoneycom](#): [@Cybuhr](#) BEING is a vital precursor to DOING.? #[leadfromwithin](#)

[8:59 pm](#) [john_paul](#): A10: The inner space of outer space is where we meet the dreams we race. Lead from within! :) #[leadfromwithin](#)

[8:59 pm](#) [Kevin_DeSoto](#): RT [@lollydaskal](#): A9: gain a reputation as a leader who cares #[leadfromwithin](#)

[8:59 pm](#) [helenantholis](#): RT [@lollydaskal](#): Q10: How would you like to change your habits to #[leadfromwithin](#)? #[leadfromwithin](#)

[8:59 pm](#) [lollydaskal](#): [@dapancost](#) How would you like to change your habits to #[leadfromwithin](#)? #[leadfromwithin](#)

[8:59 pm](#) [dapancost](#): [@growinggold](#) Thanks for the repeat of Q10. #[leadfromwithin](#) #[leadfromwithin](#)

[8:59 pm](#) [Robinbela](#): I agree completely!! RT [@LollyDaskal](#): A10: Take time to Mediate #[leadfromwithin](#)

[8:59 pm](#) [dapancost](#): [@LollyDaskal](#) Thanks, Lolly. :-)) #[leadfromwithin](#) #[leadfromwithin](#)

[9:00 pm](#) [SavvyBabii](#): A10: learn to take charge of your outer life by taking charge of your "inner" life. #[leadfromwithin](#) RT [@LollyDaskal](#)

[9:00 pm](#) [jpmespoon21](#): RT [@lollydaskal](#): Q8: effective leadership habit: is to constantly ask why and how #[leadfromwithin](#)

[9:00 pm](#) [lollydaskal](#): As we come to a close of this amazing hour. I am utterly amazed at the wisdom and insight shared here! #[leadfromwithin](#)

[9:00 pm](#) **[JKWleadership](#)**: The better I become at listening, the better leaders I can be. So each day I practice doing just that ? or try to. (A10) [#leadfromwithin](#)

[9:00 pm](#) **[mark_newton](#)**: RT [@lollydaskal](#): A10: change your habits takes daily discipline. Living a life by leading within takes a lifetime. [#leadfromwithin](#)

[9:00 pm](#) **[EdwardColozzi](#)**: Yes Being comes from Trueself leads 2 good habits [#Leadfromwithin](#) Perhaps habits evolve from behaviors we (cont) <http://tl.gd/9a36kr>

[9:00 pm](#) **[earthliz](#)**: Speaking of leadership, I need to take an important call. Nice to chat! Til next time. [#leadfromwithin](#)

[9:00 pm](#) **[Koomba303](#)**: RT [@LollyDaskal](#) A10: A person who doesn't know himself can do nothing for others [#leadfromwithin](#)

[9:00 pm](#) **[StroadeJr](#)**: RT [@SavvyBabii](#): A10: learn to take charge of your outer life by taking charge of your "inner" life. [#leadfromwithin](#) RT [@LollyDaskal](#)

[9:00 pm](#) **[irunurun](#)**: RT [@lollydaskal](#): A10: change your habits takes daily discipline. Living a life by leading within takes a lifetime. [#leadfromwithin](#)

[9:00 pm](#) **[womanonajourney](#)**: RT [@lollydaskal](#): A10: learn to take charge of your outer life by taking charge of your "inner" life. [#leadfromwithin](#)

[9:00 pm](#) **[growinggold](#)**: a10 I'd like my inner drummer to be a tad bit louder (to me) than drums of those around me [#leadfromwithin](#)

[9:01 pm](#) **[john_paul](#)**: RT [@SavvyBabii](#) A10: learn to take charge of your outer life by taking charge of your "inner" life. [#leadfromwithin](#)

[9:01 pm](#) **[lollydaskal](#)**: Thank you dear friend. [@StrategicMonk](#) PMAZING JOB. [#leadfromwithin](#)

[9:01 pm](#) **[womanonajourney](#)**: RT [@lollydaskal](#): A10: change your habits takes daily discipline. Living a life by leading within takes a lifetime. [#leadfromwithin](#)

[9:01 pm](#) **[My_WebEvent](#)**: A10: Consistently ask myself, is this habit moving me closer to or away from my goal? [#leadfromwithin](#)

[9:01 pm](#) **[lollydaskal](#)**: Next week topic: Cultivating Character [#leadfromwithin](#)

[9:01 pm](#) **[StrategicMonk](#)**: RT [@My_WebEvent](#): A10: Consistently ask myself, is this habit moving me closer to or away from my goal? [#leadfromwithin](#)

[9:01 pm](#) **[theBrianGentry](#)**: RT [@lollydaskal](#): A10: be an expmple of kindness, courage, empathy, humility, honor, love. [#leadfromwithin](#)

[9:01 pm](#) **[Cybuhr](#)**: Nice! RT [@growinggold](#): a10 Id like my inner drummer to be a tad bit louder (to me) than drums of those around me [#leadfromwithin](#)

[9:01 pm](#) **[PatRobeck1ofHis](#)**: RT [@JKWleadership](#): By keeping our mouth closed and our ears open? My trial... [#leadfromwithin](#)

[9:01](#) **[helenantholis](#)**: A10. Take the time to regularly reflect on all habits; decide what needs

pm to be changed; take action to do it. #leadfromwithin

9:02 **MBriscciana HR:** RT @LollyDaskal A10: be an expmple of kindness, courage, empathy, pm humility, honor, love. #leadfromwithin

9:02 **john paul:** Wonderful chat dear friends, a splendid time was guaranteed by all! pm #leadfromwithin

9:02 **StartYourOwnBIG:** @growinggold love the inner drummer great visual.. and audio :) pm #leadfromwithin

9:02 **womanonajourney:** RT @growinggold: a10 I'd like my inner drummer to be a tad bit pm louder (to me) than drums of those around me #leadfromwithin

9:02 **dapancost:** RT @LollyDaskal: Next week topic: Cultivating Character pm #leadfromwithin (ooh. That sounds really challenging. Looking forward to it)

9:02 **john paul:** RT @MBriscciana HR @LollyDaskal A10: be an expmple of kindness, pm courage, empathy, humility, honor, love. #leadfromwithin

9:02 **womanonajourney:** RT @My_WebEvent: A10: Consistently ask myself, is this habit pm moving me closer to or away from my goal? #leadfromwithin

9:02 **Robinbela:** A10 changing habits- I do is though meditation, journalling and pm prayer- keeps me sane! #leadfromwithin

9:03 **AFC_Accounting:** RT @lollydaskal: Next week topic: Cultivating Character pm #leadfromwithin

9:03 **StrategicMonk:** RT @helenantholis: A10. Take time 2 regularly reflect on all habits; pm decide what needs 2 be changed; take action 2 do it. #leadfromwithin

9:03 **womanonajourney:** This chat was awesome! Will have to go thru and follow some wise pm tweeters! #leadfromwithin

9:03 **Koomba303:** Thank you! @LollyDaskal @StrategicMonk #leadfromwithin pm

9:03 **lorettas3:** RT @SavvyBabii: A10: learn to take charge of your outer life by pm taking charge of your "inner" life. #leadfromwithin RT @LollyDaskal

9:03 **Lindpmicciche:** RT @growinggold: a10 I'd like my inner drummer to be a tad bit pm louder (to me) than drums of those around me #leadfromwithin

9:04 **dapancost:** Great chat everybody. I always enjoy these. #leadfromwithin pm

9:04 **growinggold:** a10 I'd like my empathy for others to quiet just long enuf for me to "get pm her done" focus on my own goals and needs #leadfromwithin

9:04 **Koomba303:** Thanks to each and every one of you! #leadfromwithin pm

9:04 **StrategicMonk:** Thank you, Lolly, for your great generosity. This is an pmazing

[pm](#) community. And not a single joke about monks' habits!
[#leadfromwithin](#)

[9:04 pm](#) [john_paul](#): RT [@AFC_Accounting](#) [@lollydaskal](#): Next week topic Cultivating Character < should be a good one there lots of characters here!
[#leadfromwithin](#)

[9:04 pm](#) [kat21](#): RT [@lollydaskal](#): Q8: How do you create effective leadership habits?
[#leadfromwithin](#)

[9:04 pm](#) [EdwardColozzi](#): TY [@LollyDaskal](#) N [@StrategicMonk](#) and ALL of you. Have grt evening:) EdC [#Leadfromwithin](#)

[9:04 pm](#) [My_WebEvent](#): [@lollydaskal](#): This was a great topic tonight! Love taking this hour to learn from others, and do some self-reflecting:) [#leadfromwithin](#)

[9:05 pm](#) [helenantholis](#): Another rewarding and introspective evening. Thank you and [@StrategicMonk](#) RT [@lollydaskal](#): Next week: Cultivating Character
[#leadfromwithin](#)

[9:05 pm](#) [Cybuhr](#): Thanks all you leaders from within! Thought provoking and heart stirring discussion. [#leadfromwithin](#)

[9:05 pm](#) [StartYourOwnBIG](#): RT [@Koomba303](#): Thank you! [@LollyDaskal](#) [@StrategicMonk](#)
[#leadfromwithin](#)

[9:05 pm](#) [john_paul](#): Good night friends, thanks for the love and inspiration.
[#leadfromwithin](#)

[9:05 pm](#) [Robinbela](#): It's been great to join in the discussion. I can't believe I stayed up! It's 1pm uk time . Thanks Everyone! [#leadfromwithin](#)

[9:05 pm](#) [create2day](#): "[@LollyDaskal](#): A10: be an expmple of kindness, courage, empathy, humility, honor, love. [#leadfromwithin](#)"

[9:05 pm](#) [womanonajourney](#): RT [@Robinbela](#): A10 changing habits- I do this through meditation, journalling and prayer- keeps me sane! [#leadfromwithin](#)

[9:05 pm](#) [PatRobeck1ofHis](#): I thought wearing robes was your habit! RT [@StrategicMonk](#): And not a single joke about monks habits! [#leadfromwithin](#)

[9:05 pm](#) [worksmarta](#): Thank you everyone for an pmazing chat! And to our hosts [@lollydaskal](#) [@strategicmonk](#) [#leadfromwithin](#)

[9:06 pm](#) [growinggold](#): RT [@womanonajourney](#) RT [@lollydaskal](#) Change ur habits takes daily discipline Living a life by leading within takes a lifetime
[#leadfromwithin](#)

[9:06 pm](#) [lollydaskal](#): What an honor! RT [@Robinbela](#): Its been great to join in the discussion. I cant believe I stayed up! Its 1pm uk time [#leadfromwithin](#)

[9:06 pm](#) [tattalicious](#): RT [@lollydaskal](#): A10: Take time to Mediate [#leadfromwithin](#)

[9:06 pm](#) [StrategicMonk](#): [@Robinbela](#) Good night! [#leadfromwithin](#)

[pm](#)

[9:06 pm](#) **[Robinbela](#)**: I agree:) RT [@Cybuhr](#): Thanks all you leaders from within! Thought provoking and heart stirring discussion. [#leadfromwithin](#)

[9:06 pm](#) **[PatRobeck1ofHis](#)**: Yes, thanks all! RT [@worksmarta](#): Thank you everyone for an amazing chat! And to our hosts [@lollydaskal](#) [@strategicmonk](#) [#leadfromwithin](#)

[9:07 pm](#) **[mariawoike](#)**: [#leadfromwithin](#) ?If you have much, give of your wealth; If you have little, give of your heart."

[9:07 pm](#) **[growinggold](#)**: I ditto that! TY!! RT [@worksmarta](#) Thank you everyone for an amazing chat! And to our hosts [@lollydaskal](#) [@strategicmonk](#) [#leadfromwithin](#)

[9:07 pm](#) **[lollydaskal](#)**: Good night everyone Be sure to read tonight's transcript which will be available shortly. [www.lollydaskal.com](#) [#leadfromwithin](#)

[9:07 pm](#) **[SarahLCook](#)**: RT [@mariawoike](#): [#leadfromwithin](#) ?If you have much, give of your wealth; If you have little, give of your heart." <= Love it! [#leadfromwithin](#)

[9:08 pm](#) **[womanonajourney](#)**: :-) RT [@Robinbela](#): It's been great to join in the discussion. I can't believe I stayed up! It's 1pm uk time . Thanks! [#leadfromwithin](#)

[9:08 pm](#) **[PatRobeck1ofHis](#)**: Pray 4 me, I have a fund raiser concert Friday for MC Ulster project, and need to raise funds for Honduras mission trip. [#leadfromwithin](#)

[9:08 pm](#) **[helenantholis](#)**: Enjoy the week!RT [@PatRobeck1ofHis](#): Yes, thanks all! RT [@worksmarta](#): Thank you all & our hosts [@lollydaskal](#) [@strategicmonk](#) [#leadfromwithin](#)

[9:08 pm](#) **[StrategicMonk](#)**: RT [@mariawoike](#): ?If you have much, give of your wealth; If you have little, give of your heart." [#leadfromwithin](#)

[9:08 pm](#) **[lollydaskal](#)**: RT [@SarahLCook](#): RT [@mariawoike](#): ?If you have much, give of your wealth; If you have little, give of your heart. < disagree. [#leadfromwithin](#)

[9:08 pm](#) **[StrategicMonk](#)**: [@PatRobeck1ofHis](#) Absolutely. [#leadfromwithin](#)

[9:08 pm](#) **[SarahLCook](#)**: RT [@lollydaskal](#): A2: Important habit to cultivate: keep learning so you can keep growing [#leadfromwithin](#)

[9:08 pm](#) **[growinggold](#)**: [@RobinBela](#) brilliant! thnks for joining us [#leadfromwithin](#)

[9:09 pm](#) **[SarahLCook](#)**: RT [@KnowledgeBishop](#): All emotions must be explored, but not all must be voiced: When tempers flare, the wise look inside. [#leadfromwithin](#)

[9:09 pm](#) **[AGoodIDo](#)**: [#leadfromwithin](#) great chat tonight. Wasn't able to be involved (in meetings) but enjoyed all the great comments

[9:09 pm](#) [lollydaskal](#): if you have riches- wealth - abundance it flows from the heart. [#leadfromwithin](#)

[9:09 pm](#) [jagmorjaria](#): RT @SavvyBabii: A10: learn to take charge of your outer life by taking charge of your "inner" life. [#leadfromwithin](#) RT @LollyDaskal

[9:09 pm](#) [StrategicMonk](#): RT @lollydaskal: if you have riches- wealth - abundance it flows from the heart. [#leadfromwithin](#)

[9:10 pm](#) [growinggold](#): RT @LollyDaskal Good night everyone B sure to read tonight's transcript which will be available shortly. [www.lollydaskal.com](#) [#leadfromwithin](#)

[9:10 pm](#) [canopygallery](#): RT @lollydaskal: A5: Interrupt the Pattern of habit: By Recognizing when a trigger is activated and stop the automatic response [#leadfromwithin](#)

[9:10 pm](#) [EdwardColozzi](#): RT @PatRobeck1ofHis: Pray 4 me, I have a fund raiser concert Friday for MC Ulster project, and need to raise funds for Honduras mission trip. [#leadfromwithin](#)

[9:10 pm](#) [My_WebEvent](#): We're running a special for my [#leadfromwithin](#) friends: Host webinars free for 1 month:) <http://bit.ly/f7Mvvo>

[9:10 pm](#) [PatRobeck1ofHis](#): Be grateful for today, because tomorrow is not promised. [#Japan](#) [#leadfromwithin](#)

[9:10 pm](#) [tpjp1231](#): RT @lollydaskal: if you have riches- wealth - abundance it flows from the heart. [#leadfromwithin](#)

[9:10 pm](#) [lollydaskal](#): inner leadership. [#leadfromwithin](#) is a feeling of the wealth in the heart. @sarahLcook [#leadfromwithin](#)

[9:10 pm](#) [avivabennett](#): RT @lollydaskal: A10: tcommit to constant change and growth [#leadfromwithin](#)

[9:10 pm](#) [EdwardColozzi](#): @PatRobeck1ofHis Will do Pat. God bless ur efforts:) EdC [#Leadfromwithin](#)

[9:10 pm](#) [PatRobeck1ofHis](#): @EdwardColozzi Thank you Edward! [#leadfromwithin](#)

[9:11 pm](#) [superbTech123](#): RT @lollydaskal: if you have riches- wealth - abundance it flows from the heart. [#leadfromwithin](#)

[9:11 pm](#) [avivabennett](#): RT @lollydaskal: Q8: effective leadership habit: is to be a life long learner [#leadfromwithin](#)

[9:11 pm](#) [Robinbela](#): I enjoyed it! RT @growinggold: @RobinBela brilliant! thnks for joining us [#leadfromwithin](#)

[9:11 pm](#) [SarahLCook](#): RT @Robinbela: A10 changing habits- I do is though meditation, journalling and prayer- keeps me sane! [#leadfromwithin](#)

[9:11](#) [AFC_Accounting](#): RT @avivabennett: RT @lollydaskal: A10: tcommit to constant

pm change and growth [#leadfromwithin](#)

9:11 **[lollydaskal](#)**: RT [@My_WebEvent](#): Were running a special for my [#leadfromwithin](#) friends: Host webinars free for 1 month:) <http://bit.ly/f7Mvvo> < THANK YOU.

9:12 **[AFC_Accounting](#)**: RT [@LollyDaskal](#): inner leadership. [#leadfromwithin](#) is a feeling of the wealth in the heart. [@sarahLcook](#) [#leadfromwithin](#)

9:12 **[growinggold](#)**: Thanks so much! [@StrategicMonk](#) & [@LollyDaskal](#) Gr8 content tonight...good motivation to INDEED chg/bld some new habits! [#leadfromwithin](#) TY!

9:12 **[StartYourOwnBIG](#)**: RT [@PatRobeck1ofHis](#): Pray 4 me, I have a fund raiser concert Friday for MC Ulster project, and need to raise funds for Honduras mission trip. [#leadfromwithin](#)

9:12 **[SarahLCook](#)**: RT [@lollydaskal](#): Next week topic: Cultivating Character [#leadfromwithin](#)

9:13 **[Robinbela](#)**: RT [@lollydaskal](#): What an honor! RT [@Robinbela](#): Its been great to join in the discussion. I cant believe I stayed up! Its 1pm uk time [#leadfromwithin](#)

9:13 **[EdwardColozzi](#)**: TY [@John_Paul](#) N [@LollyDaskal](#) You are so good at keeping things moving:) [#Leadfromwithin](#) EdC

9:13 **[SarahLCook](#)**: [@growinggold](#) I pm with you there! Sometimes it takes stepping away to HEAR your inner drum/Spirit! Always worth it! [#LeadFromWithin](#)

9:13 **[JacquelineEvlyn](#)**: RT [@lollydaskal](#): A10: A person who doesn?t know himself can do nothing for others [#leadfromwithin](#)

9:13 **[avivabennett](#)**: RT [@lollydaskal](#): A2: Important habit to cultivate: being a great listener [#leadfromwithin](#)

9:14 **[SarahLCook](#)**: [@lollydaskal](#) You are a great facilitator! [#LeadFromWithin](#)

9:14 **[Robinbela](#)**: [@womanonajourney](#): Thanks for the RTs love n light [#leadfromwithin](#)

9:15 **[BreeAea](#)**: RT [@KnowledgeBishop](#): All emotions must be explored, but not all must be voiced: When tempers flare, the wise look inside. [#leadfromwithin](#)

9:15 **[EdwardColozzi](#)**: TY [@John_Paul](#) N [@LollyDaskal](#) You are so good at keeping things moving:) [#Leadfromwithin](#) EdC

9:15 **[kimberlylake](#)**: RT [@PatRobeck1ofHis](#): Pray 4 me, I have a fund raiser concert Friday for MC Ulster project, and need to raise funds for Honduras mission trip. [#leadfromwithin](#)

9:15 **[My_WebEvent](#)**: [@StrategicMonk](#) Thanks so much for the RT's! Great topic tonight. I always feel re-focused after [#leadfromwithin](#)

[9:15 pm](#) **[PatRobeck1ofHis:](#)** [@StartYourOwnBIG](#) Thank you! [#leadfromwithin](#)

[9:16 pm](#) **[Akeyv613:](#)** The true goal of leadership is2b a leader of leaders¬ a leader of followers(viaThe Leader in Me)[#leadership](#) [#leadfromwithin](#)

[9:16 pm](#) **[PatRobeck1ofHis:](#)** [@kimberlyalake](#) Thank you! [#leadfromwithin](#)

[9:16 pm](#) **[My_WebEvent:](#)** [@PatRobeck1ofHis](#) Great discussion tonight! Have a great evening:) [#leadfromwithin](#)

[9:17 pm](#) **[My_WebEvent:](#)** [@StartYourOwnBIG](#) Thanks for the RT's! This is such an encouraging and inspirational hour! [#leadfromwithin](#)

[9:17 pm](#) **[sinbi2010:](#)** RT [@lollydaskal](#): RT [@SarahLCook](#): RT [@mariawoike](#): ?If you have much, give of your wealth; If you have little, give of your heart. < disagree. [#leadfromwithin](#)

[9:17 pm](#) **[PatRobeck1ofHis:](#)** [@My_WebEvent](#) You too, this is my fav. chat. [#leadfromwithin](#)

[9:17 pm](#) **[growinggold:](#)** wow! [#leadfromwithin](#) just seeing my @ replies - grateful for all the love!! responding now ~ bless you all, you are the best!

[9:18 pm](#) **[My_WebEvent:](#)** [@thehealthmaven](#) Thanks for the great tweetchat tonight! I always learn so much your insight:) [#leadfromwithin](#)

[9:18 pm](#) **[NpmasteLight:](#)** RT [@lollydaskal](#): inner leadership. [#leadfromwithin](#) is a feeling of the wealth in the heart. [@sarahLcook](#) [#leadfromwithin](#)

[9:20 pm](#) **[My_WebEvent:](#)** [@john_paul](#) Thanks for the RT's tonight! What a great group! I always learn so much:) [#leadfromwithin](#)

[9:20 pm](#) **[Robinbela:](#)** Since it's such a beautiful group here, Just a reminder to think of japan as peaceful. Group energies are always powerful! [#leadfromwithin](#)

[9:21 pm](#) **[_sentidos:](#)** RT [@lollydaskal](#): A9: Showing your humanity by admitting mistakes & apologizing can help u develop better relationships w/ your followers [#leadfromwithin](#)

[9:21 pm](#) **[mark_newton:](#)** Thank you [@StrategicMonk](#) & [@LollyDaskal](#) Great discussion on habits [#leadfromwithin](#)

[9:22 pm](#) **[growinggold:](#)** Thank you for the [#leadfromwithin](#) love, RTs n GR8 chat! [@helenantholis](#) [@worksmarta](#) [@womanonajourney](#) [@Cybuhr](#) [@StartYourOwnBIG](#)

[9:22 pm](#) **[jasondyk:](#)** RT [@LollyDaskal](#): A10: A person who doesn't know himself can do nothing for others [#leadfromwithin](#)