



Mental Habits

Attention: Turning the whole force of the mind to the subject in hand; the fixed gaze of the mind

Imagining: Forming a mental image of something that is not present

Memorizing: Storing information in the mind

Mental Effort: Exerting oneself to apply the mind

Observation: Seeing fully and in detail

Perfect Execution: Working carefully with one's hands with an aim at "perfect"

Reading for Instruction: Reading with the mind fully engaged so as to learn something

Remembering: Recalling at will knowledge stored in the memory

Thinking: The actual labor of the brain; a real conscious effort of mind

Accuracy: Freedom from mistake or error; conforming to truth or to a standard

Concentration: Actively engaged on a given problem rather than passively receptive

Reflection: Ruminating on what we have received

Thoroughness: Dissatisfaction with a slipshod, imperfect grasp of a subject



Decency and Propriety Habits

Courtesy: Behavior marked by respect for and consideration of others

Kindness: Friendly regard shown toward another

Manners: Social rules of conduct shown in the prevalent customs

Neatness: Everything in a suitable place, so as to produce a good effect

Order: To put things into their proper places; organize; straighten out so as to eliminate confusion

Regularity: Adhering to a schedule or routine

Candor: Freedom from prejudice or malice; fairness to the opinions of others; frank, honest, or sincere expression

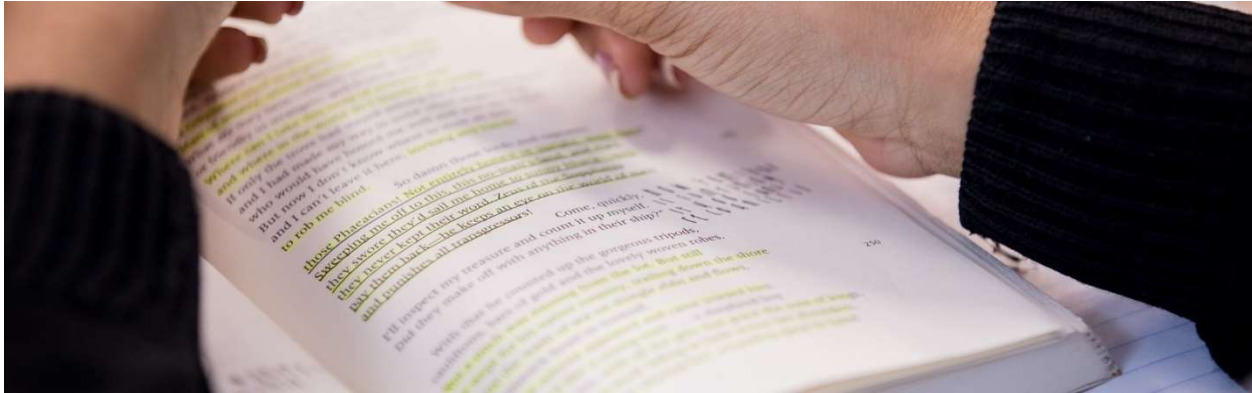
Courage: Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty

Diligence: Steady, earnest, and energetic effort

Generosity: Liberal in giving

Gentleness: Mildness of manners or disposition; free from harshness, sternness, or violence

Patience: Bearing pains or trials calmly or without complaint; not hasty or impetuous; steadfast despite opposition, difficulty, or adversity



Moral Habits

Integrity: Firm adherence to a code of values; being a good steward of all that we possess

Obedience: Submitting to the restraint or command of authority

Reverence: Consideration for others; respect for person and property

Self-Control: Keeping back the expression of our passions and emotions

Truthfulness: Aligning words and actions in accordance with fact



Physical Habits

Alertness to Seize Opportunities: Being aware of ways to serve in your surroundings and taking the initiative to do them

Fortitude: Bearing hardship or discomfort with courage

Managing One's Own Body: Knowing where one's body parts are in space and being able to use them to best advantage

Music: Singing in tune

Quick Perception of Senses: Being aware of things around you that you can see, hear, feel, taste, or smell

Self-Control in Emergencies: Thinking clearly and keeping emotions in check no matter the circumstances

Self-Discipline in Habits: Regulating oneself to continue doing the good habits learned

Training the Ear and Voice: Hearing and pronouncing words accurately

Citations/Attributions/Credit

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