

Name:

## Chapter XXIX – *Natural Habits*

1. Dispositions given by heredity are in our (*body*) (*soul*).
2. Those acquired before the use of reason are in our (*body*) (*soul*).
3. Those generated by our human acts are in our \_\_\_\_\_ and \_\_\_\_\_.
4. A habit is a \_\_\_\_\_ - \_\_\_\_\_ tendency which is produced by our \_\_\_\_\_ acts, and which helps or hinders action in line with our \_\_\_\_\_ and \_\_\_\_\_.
5. A habit which helps us to act in line with our nature and end is called a \_\_\_\_\_; one that hinders us is called a \_\_\_\_\_ habit.
6. Habits normally originate through \_\_\_\_\_ of their acts.
7. An exception is the habit of first \_\_\_\_\_.
8. We increase habits by doing acts that are more \_\_\_\_\_ than the habit.
9. We destroy a habit by doing acts of the \_\_\_\_\_ habit.
10. To gain a habit, I should make a strong \_\_\_\_\_ at the start.
11. I should back this up with as many good \_\_\_\_\_ as I can.
12. I should allow no \_\_\_\_\_.
13. Good habits make their acts more \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
14. Character is the sum-total of \_\_\_\_\_.
15. Character is due to \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
16. I should build up a well-\_\_\_\_\_ character.
17. This is a wise saying: Sow an \_\_\_\_\_, reap a \_\_\_\_\_; sow a \_\_\_\_\_, reap a \_\_\_\_\_; sow a \_\_\_\_\_, reap a \_\_\_\_\_.
18. I should regard the rule as a means of \_\_\_\_\_.
19. It is true wisdom to say: “I should do what I (*like*) (*ought*).
20. Our Lord says: “He that shall lose his life for My sake, shall \_\_\_\_\_ it.”

1. Dispositions given by heredity are in our (**body**) (soul). 2. Those acquired before the use of reason are in our (**body**) (soul). 3. Those generated by our human acts are in our (**body**) and (**soul**). 4. A habit is a (**deeply rooted**) tendency which is produced by our (**human**) acts, and which helps or hinders action in line with our (**nature**) and (**end**). 5. A habit which helps us to act in line with our nature and end is called a (**good habit**); one that hinders us is called a (**bad**) habit. 6. Habits normally originate through (**repetition**) of their acts. 7. An exception is the habit of first (**principles**). 8. We increase habits by doing acts that are more (**intense**) than the habit. 9. We destroy a habit by doing acts of the (**opposite**) habit. 10. To gain a habit, I should make a strong (**resolution**) at the start. 11. I should back this up with as many good (**motives**) as I can. 12. I should allow no (**exemptions**). 13. Good habits make their acts more (**easy**), (**perfect**), (**meritorius**). 14. Character is the sum-total of (**good habits**). 15. Character is due to (**heredity**), (**environment**) and (**the use we make of our free will**). 16. I should build up a well-(**balanced**) character. 17. This is a wise saying: Sow an (**act**), reap a (**habit**); sow a (**habit**), reap a (**character**); sow a (**character**), reap a (**destiny**), 18. I should regard the rule as a means of (**gaining good habits**). 19. It is true wisdom to say: "I should do what I (like) (**ought**). 20. Our Lord says: "He that shall lose his life for My sake, shall (**save**) it."