



# Small Habits Show Whether You Act Reliably

31 August 2026 | Character | 3 minutes

## THOUGHT FOR THE DAY

Your small habits show whether you act reliably, including when you build wealth.

Theophrastus

## What does it mean?

In the Characters, Theophrastus describes familiar patterns of behaviour. His short portraits show how repeated actions reveal a person's character. Today's thought clearly paraphrases this method.

Wealth rarely comes from one big decision. Reliable habits such as saving regularly, checking expenses and keeping promises build a stable foundation step by step.

## Put it into practice

- 01 Write down one small money habit that you want to strengthen.
- 02 Set a weekly time for this habit.
- 03 Put the next time in your calendar now.

## YOUR TASK FOR TODAY

Choose one money habit. In five minutes, write down when and how you will start it this week.

## YOUR QUESTION

Which small habit would make you more reliable with money?