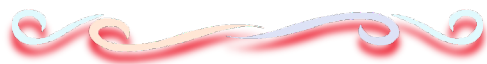


Change a Bad Habit



Use this worksheet to determine how best to change a bad habit.

The habit I want to change most:

Why I want to change this habit:

How I will feel and what my life will look like once I break this bad habit:

I'm going to start changing this habit on this date: _____

I am going to replace this bad habit with:

Times I'm most susceptible to this habit is:

When I'm susceptible, I'll overcome the urge by:
