

IDENTIFYING BAD HABITS

Take some time to reflect on any habits you'd like to change. These habits could range from minor annoyances to significant problem areas. Be thoughtful, but also allow your ideas to flow freely. Create a list of all the habits that come to mind which you'd like to replace with more positive ones.

The key is to identify the habits that do not align with your goals, deplete your energy, or cause you distress. These are the prime candidates for replacement.

For example:

- Constantly checking your phone.
- Snacking on unhealthy foods.
- Staying up too late binge-watching shows.

MY BAD HABITS

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Once you've considered all your bad habit ideas, select two or three that you find particularly troublesome or that don't align with your goals. These will be the habits you'll prioritize for replacement.

THE HABITS I'LL REPLACE FIRST ARE

01

02

03