



# Change a bad habit

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

The habit I want to change most:

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Why I want to change this habit:

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

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

I am going to replace this bad habit with:

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Times I'm most susceptible to this habit is:

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

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