

Habits Exercise

| Questions | Answer |
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| How long does it take to make a new habit? | |
| How long does it take to break an old habit? | |

| Questions | Name the Habits | Why? |
|--|-----------------|------|
| What habits do you have that you would like to change? | | |
| What habits do you have that you would like to keep? | | |
| What new habits would you like to adopt and why? | | |

| Questions | Answer |
|---|--------|
| What are the benefits of the changes? | |
| What are the benefits of the new habit? | |
| Do you have any ideas for helping you keep to your new habit? | |