

Unit 1.2 Creating Habits for Success

Breaking a Bad Habit Worksheet – Level 2 & 3

1. What is a bad habit that you have that does not help you achieve your goals for your awesome life?

Example: Stay up late on social media and don't get enough sleep. (1pt)

2. What kind of things remind or cue you to do this habit?

Example: I have my phone next to my bed so I keep scrolling for hours even though I got into bed at a reasonable time. (1pt)

3. What can you do to remove the reminder or cue in your environment?

Example: Put your phone in a room outside your bedroom when you go to bed. (1pt)

4. What are the good things that will happen if you do not do this habit?

Example: I will get to sleep earlier and have a better sleep because I am not looking at the blue light on my phone screen. I can also spend time reading a book in bed before sleep to relax my mind. (1pt)

5. What can you do to make you have to put in more effort/work to do this bad habit?

Example: When I leave my phone out of the room, if I want to scroll social media, I will have to get up and get out of bed and go into the kitchen and sit on at the kitchen table and scroll in front of everyone which will make me feel kind of silly. (1pt)

6. Who are you going to tell that you are trying to break this habit and ask them to check in on your progress?

Example: I will tell my parents because they will see me when I get out of bed and go to the kitchen to scroll on my phone. Every time that I get out of bed to scroll social media, I will put \$1 in a jar that my parents will get to keep. (1pt)

