



Courtesy of Coach Reed Dewey - phone/text (240) 454-1992
<http://www.whats-next.org>

Breaking Bad Habits Worksheet

When it comes to our own bad habits, we often tend to ignore them. We may feel we cannot overcome them, so why bother trying. Yet breaking bad habits is not nearly as hard as one might think. This worksheet is designed to help set the stage for turning bad habits into good habits. **What is most effective? Replace a bad habit with one that serves you.** Example: Go from eating potato chips when watching TV to eating something healthy like fruit/vegetables. Depending on the habit, new ones are said to take 6 weeks to stick.

To me, a life with fewer bad habits means:

Bad Habit I Want to Break

Habit: _____

Why I want to break it / benefit of breaking it: _____

Obstacles I might face while trying to break this habit: _____

I will overcome these obstacles by: _____

Triggers that have me doing the bad habit & how I can avoid them.

(trigger)

(how to avoid it)

(trigger)

(how to avoid it)

(trigger)

(how to avoid it)

Alternative (not-so-bad habit) I can do instead: _____

Tools I can use to help break this bad habit:

- _____
- _____

People I can turn to, to help me break this bad habit:

- _____
- _____
- _____

PROGRESS REPORT

week	1 Poorly	2 Okay	3 Steadily Improving	4 Almost There	5 Habit Broken	NOTES
1						
2						
3						
4						
5						

Thoughts: _____
