



BREAKING BAD HABITS

Worksheet



Set yourself up for success with the 5 W's.

What is your bad habit? What uncomfortable feelings will you feel?
What can you do instead?

When will you feel the uncomfortable feelings?

Where in your body do you feel them? Where in your environment are you triggered to follow your bad habit?

Why will you give up your bad habit (negative & positive)?

Who will support you and hold you accountable?
