

Chapter 1

Worksheet for the chapter Change Your Habits.

One habit you want to change _____

Steps you will take to change that habit.

1. _____
2. _____
3. _____
4. _____
5. _____

When you feel you have changed that habit, move on to another habit you want to change.

Continue to maintain the steps for the original habit.

This is an on-going process, so keep moving forward and...try, try, try again.