Habits Under the Microscope - Exercise

List your habits regarding lifestyle and eating habits. Divide them into those you consider good and those you would like to get rid of.

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| **MY DAILY HABITS** |
| **HEALTHY - STAY** | **UNHEALTHY - TO CHANGE** |
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Now, from the habits listed on the right side, choose one that bothers you the most, or you know it doesn't positively affect your health. .............................................................................. ..............................................................................

Then answer the following questions:

1. Why do I have this habit/what does this habit give me?
2. When does this habit manifest itself? (what situation/feeling?)
3. Why do I think it's good to get rid of it? What will I gain from it?
4. What healthy habit can I replace it with? (e.g., walking with a friend/with a dog)
5. Do I believe that I can succeed? How do I plan to approach working on these habits?