Exercise 14 – Good Habits and Bad Habits

Think about your habitual behaviour patterns for a moment.

Do you know what your good or bad habits are? Take a moment and consider what habits you have. List your good or positive habits in one column and in the other column record your bad or negative habits. You will now have a list of some good and bad habits. We should be looking to add to the list of good habits and remove the bad.

We'll first remove the bad habits as these can literally be life threatening.

GOOD HABITS	BAD HABITS

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