



# HEALTHY HABITS WORK SHEET

unitedinsights.org (Example)

WHAT IS MY UNHEALTHY HABIT?

Eating at Taco Bell

HOW OFTEN DO I REGRET THIS HABIT?

1 - 2 times every 2 weeks

**What is my original should / should not statement?**

I should not eat at Taco Bell.

**Why should you, should you not do \_\_\_\_\_?**

Taco Bell is unhealthy for me because of the sugars, fats, and preservatives in the meals. It ruins my productivity and agenda because my head gets foggy. My discipline goes down the drain and my stomach hurts later on.

**Why did I do \_\_\_\_\_ anyways?**

**(List at least three factors that led to your decision).**

1. (Note: This part is to understand why your "should statement" is not your reality. In other words, what is your real motivation?)  
Taco Bell is convenient for me.
2. I can't tell the difference between craving Taco Bell and just being hungry.
3. Taco Bell is an escape from work and school.

## What are my underlying values for factor number 1?

I value MONEY, CONVENIENCE, and TASTE over health.

It takes too much time, money, and effort to cook a healthy meal at home.

I don't know enough recipes. My hectic schedule requires me to move fast.

Taco Bell is convenient because I can go there right away  
and eat fairly cheap.

## What are alternatives to meet those values for factor number 1?

(If you don't have an alternative, then write down questions like shown below)

What foods can I implement in my diet that are quick, cheap, tasty,  
AND healthy? Quaker's Plain Oatmeal (with no sugar) (\$3 for two weeks)  
with bananas are unbelievably cheap, delicious (for me) and it is always  
in the pantry where I can stick it in the microwave for one minute and  
it's ready to go no matter how crazy my schedule gets!

In addition, I can learn how to prepare all of my meals on the weekends.

## What are my underlying values for factor number 2?

I mistake hunger for craving.

I miss opportunities to eat healthy when I am just hungry.

In other words, healthy foods could satisfy my cravings or hunger  
just as well as Taco Bell if I can properly distinguish the difference between  
hunger and craving!

## What are alternatives to meet those values for factor number 2?

What methods can I use to distinguish hunger from craving Taco Bell?

If I am "hungry," then go to the fridge and try to eat something already there (preferably healthy). If I don't seem to want it, then the "hunger" is really craving! In other words, if I am "hungry" for a specific type of food then it is craving. If I am hungry FOR FOOD in general, then it is real hunger. (With the exception of nutrient deficiency)

## What are my underlying values for factor number 3?

I am afraid to face my challenges at work and school.

Taco Bell is a tool that I use to fog my mind and forget about my troubles by eating junk food and watching videos on my phone.

## What are alternatives to meet those values for factor number 3?

How can I make Taco Bell an enjoyment instead of an escape?

How can I face my fears and focus on completing my tasks and challenges?

How can I enjoy the process of work?

Do I need to change my hectic lifestyle overall so I don't use unhealthy habits as a way of dealing with the stress?

(Don't worry if you can't find alternatives immediately! You can answer these questions over time as you live your life and observe your habits from a new perspective. As you dig deeper, you might realize there are more than three factors that lead to the decisions you make, and that will require serious patience to unravel!)