



HEALTHY HABITS WORK SHEET

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WHAT IS MY UNHEALTHY HABIT?

HOW OFTEN DO I REGRET THIS HABIT?

What is my original should / should not statement?

Why should you, should you not do _____?

**Why did I do _____ anyways?
(List at least three factors that led to your decision).**

1.

2.

3.

What are my underlying values for factor number 1?

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

What are my underlying values for factor number 2?

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

What are my underlying values for factor number 3?

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