

## Habits Exercise

Questions	Answer
How long does it take to make a new habit?	
How long does it take to break an old habit?	

Questions	Name the Habits	Why?
What habits do you have that you would like to change?		
What habits do you have that you would like to keep?		
What new habits would you like to adopt and why?		

Questions	Answer
What are the benefits of the changes?	
What are the benefits of the new habit?	
Do you have any ideas for helping you keep to your new habit?	



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