

Name \_\_\_\_\_

## Habit Heroes: Building Good Habits and Breaking Bad Ones

### Multiple Choice Questions

1. What is the importance of starting small when building good habits?
  - a) It makes the habit more exciting.
  - b) It helps you avoid changing everything at once.
  - c) It guarantees quick results.
  - d) It's not necessary to start small.
  
2. Why is it essential to set clear goals when developing a new habit?
  - a) Goals make habits more complicated.
  - b) Goals keep you motivated.
  - c) Goals are not important for habit-building.
  - d) Goals are only for adults.
  
3. What does consistency mean when it comes to building habits?
  - a) Doing a habit only once in a while.
  - b) Doing a habit at the same time every day.
  - c) Doing multiple habits at once.
  - d) Skipping habits on weekends.
  
4. How can reminders help you build good habits?
  - a) Reminders make you forget your habits.
  - b) Reminders can annoy you.
  - c) Reminders help you remember to do your habits.
  - d) Reminders are not useful.
  
5. Why is it essential to track your progress when building habits?
  - a) It's not necessary to track progress.
  - b) Tracking progress helps you see how far you've come and keeps you motivated.
  - c) Tracking progress is too time-consuming.
  - d) Tracking progress makes habits less enjoyable.

