

Name \_\_\_\_\_

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

### Short Answer

1. Describe why it's important to replace bad habits with healthier alternatives.
2. Explain how having a support system can help you when building good habits.
3. Provide an example of a small habit you could start with and explain why it's a good choice.
4. How can being patient with yourself help you when building good habits?
5. Share a personal experience where setting a clear goal helped you achieve a habit.

