Name _____

Habit Heroes: Building Good Habits and Breaking Bad Ones

Open-Ended Response Questions

1. Imagine you have a bad habit of staying up too late. How could you replace this bad habit with a healthier one, and what benefits might you experience?

2. Think of a time when you tried to build a new habit but faced challenges. How did you overcome those challenges, and what did you learn from the experience?

3. Describe a situation where consistency in building a habit was challenging. How did you manage to stay consistent, and what were the results?

4. Share a story about someone who successfully built a good habit, and explain how their journey can inspire others to do the same.

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