

Name _____

Habit Heroes: Building Good Habits and Breaking Bad Ones

Multiple Choice Answer Key

1. b) It helps you avoid changing everything at once.
2. b) Goals keep you motivated.
3. b) Doing a habit at the same time every day.
4. c) Reminders help you remember to do your habits.
5. b) Tracking progress helps you see how far you've come and keeps you motivated.

