

Name \_\_\_\_\_

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

### Short Answer Key

1. Replacing bad habits with healthier alternatives is important because it helps improve your overall well-being and leads to better outcomes. For example, replacing the habit of watching TV for hours with the habit of going for a walk can lead to better physical and mental health.
2. A support system can help you stay motivated and accountable. When you have friends or family supporting your efforts, they can encourage you to stick to your habits, celebrate your successes, and provide guidance when you face challenges.
3. An example of a small habit could be drinking a glass of water as soon as you wake up. It's a good choice because it's easy to do, doesn't require much time, and sets a healthy tone for the day by hydrating your body.
4. Being patient with yourself is important because building habits takes time and effort. If you're patient, you're less likely to get discouraged by setbacks or slow progress. It allows you to stay focused on your long-term goals rather than expecting instant results.
5. (Personal experience may vary) For instance, I wanted to improve my reading habits. I set a clear goal of reading at least 20 minutes every evening before bedtime. This goal made it easy to track my progress and motivated me to stick to the habit. Over time, I not only read more but also found that I enjoyed reading more books.

