

Name _____

Habit Heroes: Building Good Habits and Breaking Bad Ones

Open-Ended Response Answer Key

1. (Answers may vary) To replace the habit of staying up too late, I could set a bedtime routine that includes turning off screens, reading a book, or practicing relaxation techniques. The benefits might include improved sleep quality, better focus during the day, and more energy for activities.
2. (Answers may vary) When I tried to build a habit of exercising regularly, I faced challenges like lack of motivation and time constraints. To overcome them, I joined a fitness class with a friend, which provided both motivation and accountability. I also learned that consistency and having a support system are key to habit-building success.
3. (Answers may vary) I tried to build the habit of practicing a musical instrument every day, but some days I felt too busy or tired. To stay consistent, I set a specific time for practice and made it a non-negotiable part of my daily routine. Over time, my skills improved, and I felt a sense of accomplishment.
4. (Answers may vary) My friend Sarah successfully built the habit of eating healthier meals. She started by gradually replacing fast food with home-cooked meals and incorporating more fruits and vegetables. Sarah's journey can inspire others by showing that small, consistent changes can lead to better health and a more balanced diet, even for those with busy schedules.

