

My Personal Successes Habits I've Changed for the Better

Think about two or three habits you've changed and fill in the following form.

Habits I've changed

1. _____
2. _____
3. _____

Things that helped me succeed

1. _____
2. _____
3. _____
4. _____

Obstacles that got in my way

1. _____
2. _____
3. _____
4. _____