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.

Habi	its I've ch	anged		
Thin	gs that he	lped me	succeed	
Obst	acles that	got in m	y way	

From Human Kinetics, *Active living every day facilitator training*, 3rd ed. (Champaign, IL: Human Kinetics, 2021). Reprinted from S.N. Blair, A.L. Dunn, B.H. Marcus, R.A. Carpenter, and P. Jaret, *Active living every day*, 3rd ed. (Champaign, IL: Human Kinetics, 2021).