

CREATE A NEW POSITIVE HABIT

OLD HABIT IDENTIFIED	NEW POSITIVE HABIT
Example "I want to stop stressing about everything"	"Every time I have a stressed feeling, I am going to take 3 deep breaths and relax"
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.