

Independence

Steps to Change a Habit

1. It's easier to break a habit when you know why you do it in the first place. Ask yourself when you do it, and how you feel before, during, and after. The answers should give you some clues to your why.
2. Think about the effects of your habit. How does it make you feel? How does it affect others? How would you both feel if you changed that habit?
3. Now, find something positive to replace the habit. The key is to break the old routine around that habit.
4. Practice, practice, practice! Practice your new habit until you can't remember what it was like to do the old one.

Tip: Reward yourself for success. At the end of one week, do something nice for yourself. At the end of two weeks, reward yourself again. You can also look and listen to find inspiration around you— has anyone noticed your improvement?