

# Psych for Life® Habits worksheet

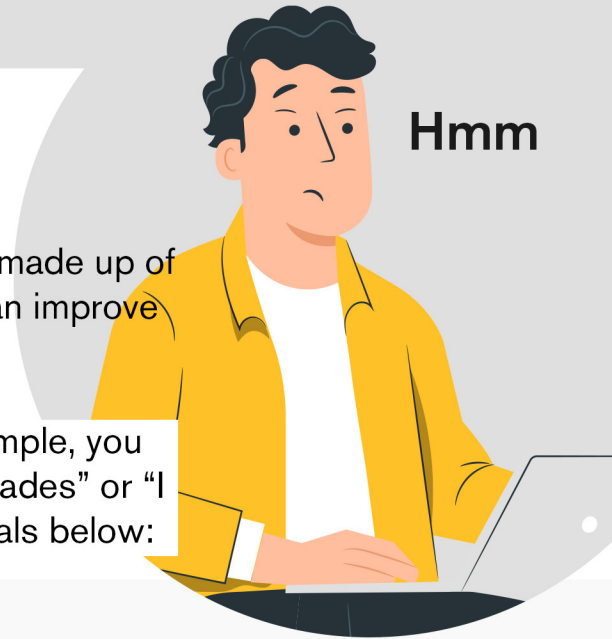
Over the course of the next three weeks, we would like you to pick one habit that you would like to change (and that you are willing to discuss with the group), and do your best to use the content in this module to help you change that habit.

## Part 01: The importance of habits

As we discussed in this video, nearly 40% of life can be made up of habits. Habits can help us achieve our goals, and they can improve our everyday life.

Take a minute to think about some of your goals. For example, you may think “I want to eat healthier” “I want to get better grades” or “I want to stay organized.” Go ahead and write down any goals below:

**My big goal(s):**



**If you've written down more than one goal, go back and circle the goal you think is most important.**

**Great!**

If you are planning to start a new habit, check out our Section 002 on “Starting habits.” If you want to break an unwanted habit, check out Section 03, “Breaking Unwanted Habits.”