

# WellCast

## How to BREAK BAD HABITS



DATE \_\_\_\_\_

Learn to obliterate your bad habits with our four easy steps!

- 1 Write down the bad habit you want to get rid of.
- 2 Now, think about why you crave this habit and write down ways to avoid this habit!
- 3 Substitute your bad habits for good ones.
- 4 Enlist the help of your friends!  
Write down the names of friends who can help you: