

The Template

1. **What** is the bad habit that you're trying to break?
2. What **benefits/advantages** does this habit give you? (**Why** do you do it?)
3. What is this habit **preventing** you from getting?
4. Imagine you're at the **end** of your life and you've **kept** the bad habit:
*What does that **look** like?*
*Paint a **vivid mental picture** (or add photos)*
*How does that make you **feel**?*
5. Imagine you're at the **end** of your life and you **kicked** the bad habit:
*What does that **look** like?*
*Paint a **vivid mental picture** (or add photos)*
*How does that make you **feel**?*