

# I ABANDON MY OLD HABITS AND IMPLEMENT NEW, MORE POSITIVE HABITS.

Old habits are a crutch for dealing with the world. **I am ready to boldly face the world and develop new and improved habits that serve me.** Making changes is the key to enhancing my life. Old habits can be a little challenging to break, but I am committed to breaking those chains. I am able to change my habits quickly and easily.

My negative habits are in the past. They no longer affect my future.

I adopt new habits by making small, but significant, changes. These small changes are easy to implement and to maintain. **I avoid the urge to change a habit all**

**at once.** I know this is a much more challenging method with little chance for success. I am satisfied with small, incremental changes.

When I change a habit, I am filled with excitement. I know I will begin to see significant changes in my life.  
**Once my habits change, my life changes, too.**

I reward myself whenever I experience a positive change in my behavior. I know this increases the likelihood of future success. I accept that the road to change will be bumpy at times.

Today, I am beginning the process of altering one old habit. I find this process easy and comfortable. I avoid clinging to behaviors that impede my progress and happiness.

## **SELF-REFLECTION QUESTIONS:**

1. Which three of my current habits create the greatest challenges for me?
2. What are three more constructive behaviors I do instead?
3. If I stopped performing those three negative habits, what is the logical outcome for my life?