



**WOULD I LIKE TO
GET RID OF A BAD HABIT?
TRY SOMETHING NEW?**



**IF YOU ANSWERED, "YES" TO EITHER OF THOSE
QUESTIONS, THEN IT'S TIME TO TRY:**

21 DAYS TO SUCCESS!

The next page contains a chart that you could use to help start a new healthy habit or to get rid of a bad habit. Studies show that it takes 21 days, or three weeks, of daily effort to stop or start a habit. What would you like to work on? Here are some suggestions:

- Stop biting my nails.
- Walk the dog daily.
- Study or read for one hour daily.
- Stop drinking soda, or limit soda intake to 1-2 per week.
- Be nicer to my sibling.
- Make only positive statements to myself and others.
- Brush my teeth at least twice a day.

You might want to make copies of the chart, since the rule is that you have to start over whenever you miss a day. If the chart is too overwhelming, try making one of your own showing only one week at a time.

This might be something you'd like to work on privately, or perhaps you'd like to have someone support you through your efforts. Maybe your parent or guardian would like to use a chart like this, too. The two of you could be a support system for each other, and the charts could be on display on the kitchen cupboard.

If it's something you really want to work on, don't give up! Anything worth accomplishing in life takes time and effort. You can do it! Remember? You're AWESOME!