



# Habit Discovery and Planning Worksheet

List the bad habits standing in the way of you achieving your goals.

## Health

- 1.
- 2.
- 3.
- 4.
- 5.

## Relationships

- 1.
- 2.
- 3.
- 4.
- 5.

## Relationships

- 1.
- 2.
- 3.
- 4.
- 5.

## Money

- 1.
- 2.
- 3.
- 4.
- 5.

## Hobbies/Free Time

- 1.
- 2.
- 3.
- 4.
- 5.

## Other

- 1.
- 2.
- 3.
- 4.
- 5.