



Thometz  
Life Coaching

## #2 - Habits List Worksheet

*"Make sure that what makes you feel good doesn't make you feel bad."*

Gretchen Rubin, *Better Than Before*

*"Perhaps what makes you feel bad, might make you feel good."*

**Habit:** a settled or regular tendency or practice. Can be good or bad.

**Good Habits**

**Bad Habits**

**New Habits I Want**