

## Time Management *Habit Changer Table*

|                                                |                                                                |                                                              |                                                            |
|------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------|
| <p>1. Habit you would most like to change:</p> | <p>2. What is your ultimate goal from changing this habit?</p> | <p>3. List all the problems that your habit creates:</p>     | <p>4. List all of the benefits of changing your habit:</p> |
| <p>5. How will you achieve this?</p>           | <p>6. What's the first step you will take?</p>                 | <p>7. What will tell you that you succeeded in changing?</p> |                                                            |