Changing Habits Parent Self-Reflection Activity

Part 1

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| What helped me eliminate my negative habit? | What helped me establish a positive new habit? |
| What were some obstacles I had to overcome? | Did I go back to my old ways? If so, how did I get back on track? |

Changing Habits-Parent Self-reflection Activity

Part 2

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| What positive habit would I most like my child to develop? | How can I use what I already know about changing habits to help my child discontinue negative habits? |
| How can I use what I already know about changing habits to help my child develop positive habits? | How can I use what I learned about backsliding to help my child? |