

KICK THE BAD HABIT

The first step in modifying a behavior is recognizing the issue and having a willingness to change. Do you:

1. Take people and things for granted?
2. Allow yourself to get distracted by trivial things?
3. Fail to keep promises – to others and to yourself?
4. Talk a good game, but that's where it ends?
5. Allow jealousy, hatred, and revenge to consume you?
6. Speak before thinking?
7. Blame others for personal setbacks?
8. Overthink things to the point of the absurd?
9. Refuse to do more than is asked?
10. Check items off a to-do list rather than address priorities?
11. Keep score in relationships?
12. Surround yourself with toxic people?
13. Fail to keep problems in perspective?
14. Refuse to admit mistakes or say "I'm sorry"?
15. Offer advice without being asked?
16. Try to please others at the expense of your own needs?
17. Confuse being busy with making progress?
18. See everything as black or white?
19. Refuse to ask others for help?
20. Follow the crowd rather than think for yourself?
21. Refuse to leave your comfort zone?
22. Let your emotions get the best of you?
23. Fail to learn from your mistakes?
24. Put things off?
25. Demand perfection rather than settle for excellence?
26. Try to keep up with the Joneses?
27. Say "yes" when you really want to say "no"?
28. Refuse to let go of the past?
29. Lose patience at the drop of a hat?
30. Avoid difficult situations at all costs?
31. Wait till problems get out of hand before addressing them?
32. Refuse to delegate and let go?
33. Take on everyone's problems as your own?
34. Beat yourself up for mistakes?
35. Fail to balance work and play?
36. Overcommit yourself to the point of exhaustion?
37. Look down on others?
38. See the glass as half-empty?
39. Quit at the first sign of a problem?
40. Start everything; finish nothing?

