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My life reflects my good and bad habits. Each facet of my life reveals my habits to the world.

My health and fitness are the manifestations of my habits. The same is true of my financial situation. My relationships also demonstrate my habits. **The things I do each day have far-reaching consequences.** I manage my life by managing my habits.

I know that my bad habits are harming me. I consider the damage my bad habits create in my life. I know that the key to taking my life to the next level is the repeal and replacement of these negative habits.

I replace my bad habits with good habits. Good habits support my goals, health, wealth, and relationships.

When I am creating a new habit, I consider my values and goals. I know that creating the right habit can have a profound influence on the results I am experiencing in my life.

Bad habits can be challenging to give up, but I embrace that challenge. The memory of successfully giving up other bad habits in the past motivates me. What I have done in the past, I can do again.

Today, I am releasing my bad habits and opening myself to the possibility of installing more beneficial habits. **I can do anything I set my mind to.** I choose to give up my bad habits and the poor results that accompany them.

Self-Reflection Questions:

1. What are my three most destructive habits?
2. What benefits do I gain from these habits? What new habits can I use to replace them?
3. What are these bad habits costing me?