

# Download File PDF How To Break Bad Habits

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## How to Break Bad Habits in 7 Simple Steps

### Goals and Plans

Acquire your bad habits and set goals to get rid of them. Then carefully create a plan that exactly tells how you will deal with your bad habit and when you will do it.

1

### Self-awareness and Self-Discipline

Learn to be aware of your self and feel how you are doing. Monitor your own behavior constantly and be very disciplined to avoid slips.

2

### The right Approach

Find the right approach for you. Some people try the old way why other others may succeed only by gradually reducing the impact of the bad habit. Remember to your final goal and not just the next step if you do it an step.

3

### Use Obstacles

Sometimes it can help to use obstacles in place to keep you from engaging in bad habits. The having your friends or your colleagues can see what you are doing, if you have a habit of using a laptop too much at work.

4

### Replacement

Instead of eliminating your bad habits try to replace them with good habits instead. It will not only make it easier, but you will also improve your positive behavior at the same time.

5

### Reward Yourself

Remember to reward yourself when you succeed. This will force your brain to associate the changed behavior with good things, which will help you keep it a good habit.

6

### Involve Others

Find the most powerful tool to tell others that you are trying to break your bad habits. This will make you feel like going ahead and will help you remember and encourage you to keep going.

7

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