B07

PERSONAL HABITS

by Julian Conde

I. Fill in the blanks with the words from the box.

good habit / make a change / bad habit / break a bad habit / fail to break a bad habit / build good habits / habit of

1. I want to _____ my life by waking up earlier every morning.
2. It is very difficult to _____ like smoking once you have done it for years.
3. If you want to get fit, you need to _____ like exercising daily.
4. Many people _____ because they try to change too many things at once.
5. My sister has a _____ biting her nails when she is nervous.
6. Is eating a lot of sugar a _____ or a _____?

II. Write G (good habit) and B (bad habit).

- ____ Checking your phone immediately after waking up.
- ____ Drinking a glass of water every morning.
- ____ Biting your nails when nervous.
- ____ Taking a 20-minute power nap.
- ____ Planning your day the night before.
- ____ Eating while watching TV.
- ____ Interrupting others while they speak.
- ____ Walking for 30 minutes a day.
- ____ Procrastinating on difficult tasks.
- ____ Expressing gratitude daily.



LIVEWORKSHEETS