

# PERSONAL HABITS

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## 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.

