

# HABITS: WHAT ARE THEY?

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Section:** \_\_\_\_\_

**Score:** \_\_\_\_\_

HABITS ARE WHAT WE DO OVER AND OVER AND OVER

"Good or Bad, habits always deliver results."

Jack Canfield

In the space below, list 5-6 of your good habits. What are the results of your good habits?