

My Behavior Exchange Challenge

The Unhealthy
Habits

My New Resolutions

Unhealthy Habit #1
Chronic Complaining

Unhealthy Habit #2
Retail Therapy To Cope

Unhealthy Habit #3
Binge Drinking

Unhealthy Habit #4
Worrying About The Future

Unhealthy Habit #5
*Waiting For The Future To
Begin*



Unhealthy Habit #6
Lack of Hobbies

Unhealthy Habit #7
Poor Eating Habits

Unhealthy Habit #8
*Thinking/Talking Poorly
About Or To Others*

Unhealthy Habit #9
Holding Grudges

Unhealthy Habit #10
*Stopped Learning New
Things*

Unhealthy Habit #11
*Failing To Following
Through*



Unhealthy Habit #12
Hating Your Job

Unhealthy Habit #13
Are You Lonely

Unhealthy Habit #14
*Negative Thoughts Entering
Your Mind*

Unhealthy Habit #15
*Always Jumping To
Conclusions*

Unhealthy Habit #16
Magnifying Situations

Unhealthy Habit #17
Minimizing Everything



Unhealthy Habit #18
Negatively Self Labeling

Unhealthy Habit #19
Lacking Goals

Unhealthy Habit #20
Worrying About What Others Might Think

Unhealthy Habit #21
Letting Strangers Affect Your Mood

Unhealthy Habit #22
Wanting More Money

