

Name _____

Top 10 Bad Habits



List ten things you think are bad habits.

Discuss with a partner and rank them. Which is the worst?

Top 10 Bad Habits



List ten things you think are bad habits.

Discuss with a partner and rank them. Which is the worst?

After, watch the video and compare your answers. How many are the same?

Biting Your Nails	1
Picking At Your Hair	2
Smoking. Vaping	3
Drinking Too Much	4
Wasting Time Or Procrastinating	5
Snacking	6
Watching Too Much TV / Movies	7
Overspending	8
Not Wearing Sunscreen	9
Not Sleeping Enough	10

1

2

3

4

5

10

Daily Habits

For a Good Life

6

7

8

9

10

1 Wake up & go to bed early

2 Drink water. 8 cups.

3 Work out until you sweat

4 Make a plan for your day

5 Compliment someone daily

6 Go outside for a walk

7 Declutter. Throw out 1 item every day

8 Come up with 5 new ideas

9 Make a to do list for tomorrow

10 Be grateful everyday

10 Daily Habits

For a Good Life