**Habits:** Habits are ritual and behaviors that we perform automatically.

**Habit:** **shaking legs**

**Start**: I don’t know how this started, but when I realize that is not good habit, then, I started paying attention to my habit.

**Stop**: I paying attention on it then I was finally loose this habit.

**Change**: I control my brain and then, I change my habit.

**Continue**: when I am bore I continue my habit.

**Habit:** **Drinking coffee**

**Start:** I got addicted to this habit when I was preparing for HSC examination 4 years ago. I used to drink a lot of coffee while studying as it keep mind active.

**Stop:** I realized that I was consuming 4 to 5 cup in a day due to which I was getting hurdle in falling asleep.

**Change:** As I decided to change my habit, so Whenever I was missing my cup of coffee I used to replace it by glass of milk. This trick helped me to change my habit.

**Continue:** Now I have controlled my habit of drinking coffee but still I prefer it less frequently.