**Independence Badge Breaking a Bad Habit – Set a plan into motion!**

Being more independent is about practicing good habits. Use a journal or a notebook.

1. Write down some bad habits that they have or simply habits that they think they could be avoiding or stopping all together. List as many as you like.

Think of habits at home, at school, or personal habit.

**Examples might include:**

* Putting off schoolwork
* Being disorganized, forgetting to do homework or forgetting to turn it in
* Forgetting to brush your teeth
* Biting your fingernails
* Not putting away your clothes
* Being bossy with your friends
* Interrupting when your friend is talking

1. Pick one of the habits you wrote down and think about why you do it. Write down how you feel before, during and after doing it.
2. How does this habit affect others? How might people around you feel if you stopped doing this? Mom, Dad, teacher, sibling or friend
3. What’s one thing that could replace the habit? The key is to break the routine around this old habit.
4. You can replace the habit – that will definitely help . What are two or three ideas you can do to break the habit? WHEN does this habit happen and how can you help yourself remember to SWAP your new habit for your old one?

* If your new habit is to put your shoes away, you could start a new routine where you take your shoes off and put them in the closet or a designated space the moment you get home.

1. How can you reward yourself for doing better for a week or a month?

Please keep your notebook to discuss with your mom, dad and Scout Leaders Lara & Katie so we can talk about it at an upcoming meeting! We’d love to hear how setting your intention, and developing a plan for breaking a bad habit worked for you.