Old Habits Die Hard

You can bury bad habits. Replace old bad habits with new, healthy habits. Here are some tips:

• **Become aware of your actions.** When you realize what you are doing, you can change it.

• **Keep a record** of what you want to change. If you write it down, you are more likely to change it. If your new plan does not work, try something else.

• **Avoid situations that trigger bad habits**, such as eating in front of the TV.

• **Post reminders about healthy habits** where you will notice them…on the refrigerator, on the table, in your car, on the bed, wherever.

• **Practice makes permanent.**