



Foundation

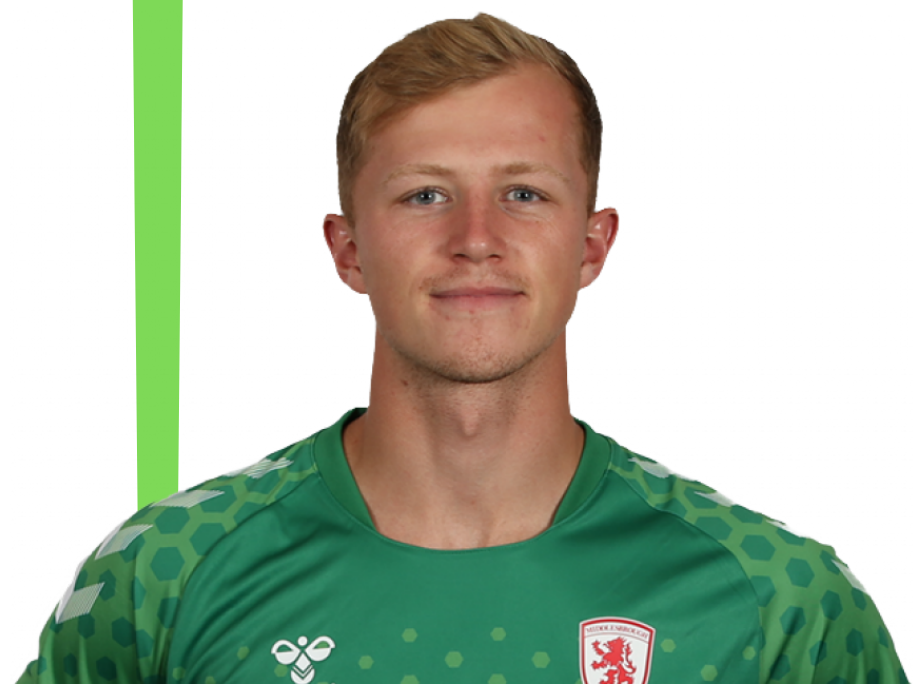


Premier League
Inspires

BREAKING HABITS

In your own words, can you explain what a habit is?

Can you list examples of good habits?



Can you identify any of your own good habits?
Put a circle around the ones you are proud of.

Can you list examples of bad habits?



Can you see any bad habits that you may have? Put a circle around the ones you want to improve.