



Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

## Take wise risks. Drop bad habits.

*An activity of "Art to Heart"*

Browse through Art to Heart (page 23) in *What's Up* January 2021. You are encouraged to take **wise risks** and avoid **unwise risks**. Sometimes, a wise risk involves stepping out of your comfort zone. All of us have comfort zones where we feel safe. It is good to feel comfortable doing whatever you do.

However, our comfort zones may have bad habits that we are not able to shake off easily. Take a close look at some of your comfort zones to see whether you have habits there that you should change. Then, take wise risks by going out of your comfort zones to get rid of those bad habits.

1) What are some bad habits that you have become very comfortable with? List them down in the table below. An example of each has been done for you.

<b>Studies</b>	<b>Relationships</b>	<b>Health &amp; Hygiene</b>	<b>Free Time</b>
<i>A bad habit: e.g. Not asking when I don't understand my teacher's instructions.</i>	<i>A bad habit: e.g. Not saying sorry even when I know I am wrong.</i>	<i>A bad habit: e.g. Wiping my nose on my sleeve instead of using a tissue</i>	<i>A bad habit: e.g. Playing video games for hours instead of playing a sport</i>
A bad habit:	A bad habit:	A bad habit:	A bad habit:

2) Select ONE habit which you would like to get rid of and explain why.

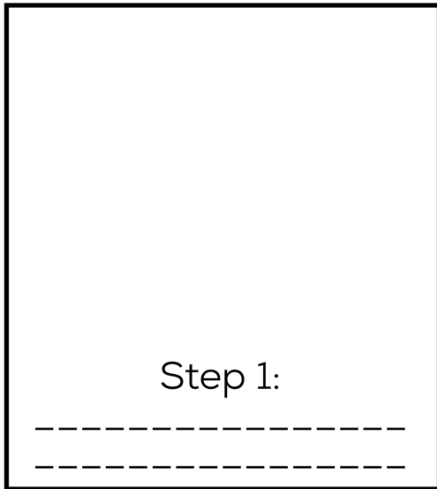
<b>A habit I want to drop</b>	<b>Why I want to get rid of it</b>

3) Picture what you would like to achieve after breaking away from your bad habit. Describe this as your goal.

<b>My Goal</b>	<b>Why is it hard to break the habit and reach my goal?</b>

4) What are some steps you can take to get rid of the bad habit and reach your goal? Break down the process into five simple steps and draw it out in the boxes marked Step 1 to Step 5 below. Instruct yourself on how you may reach your goal. Remember: you should take only wise risks along the way!

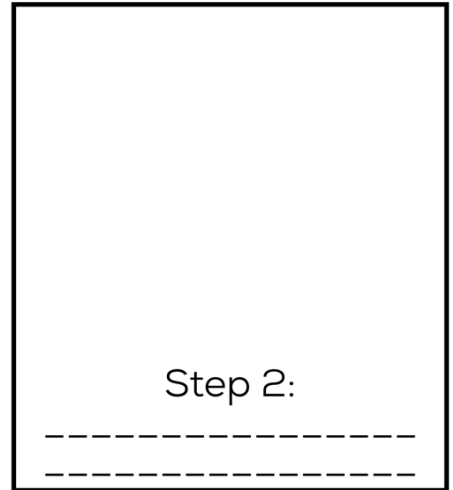
**The Bad Habit:** \_\_\_\_\_ **My Goal:** \_\_\_\_\_



Step 1:

-----

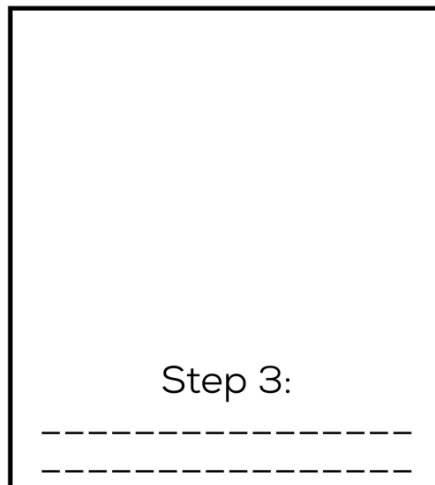
-----



Step 2:

-----

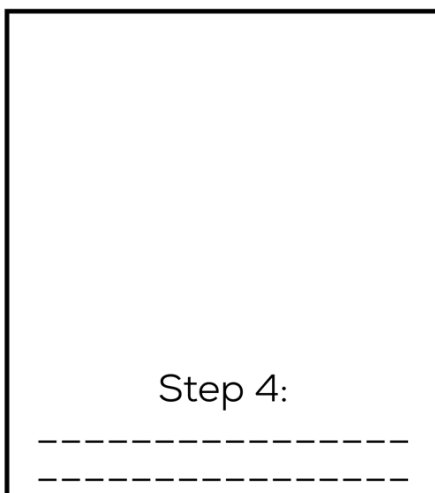
-----



Step 3:

-----

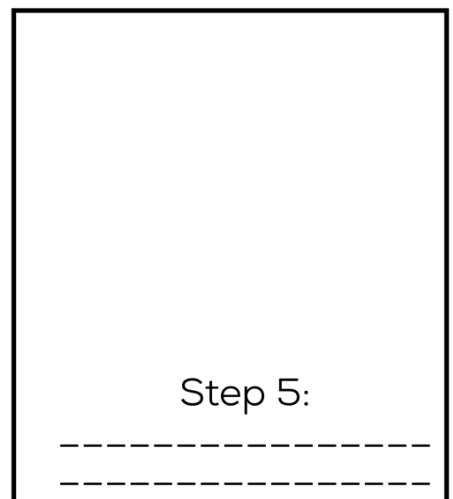
-----



Step 4:

-----

-----



Step 5:

-----

-----