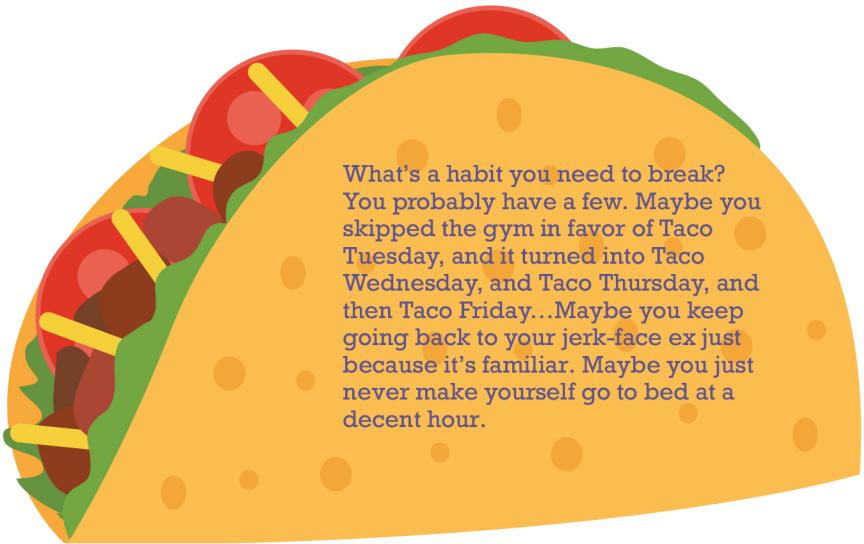


Stuck in a rut? No wonder you feel lousy, you loser.



What's a habit you need to break? You probably have a few. Maybe you skipped the gym in favor of Taco Tuesday, and it turned into Taco Wednesday, and Taco Thursday, and then Taco Friday... Maybe you keep going back to your jerk-face ex just because it's familiar. Maybe you just never make yourself go to bed at a decent hour.

Your routine plays a **huge** role in your emotional state and whether you feel good or bad on a daily basis. Explore what bad habit you need to break and how it would help you, then think of a good habit you need to start enforcing and why.

Bad habit:



Good habit:
