



Bad Habits

Rank the following actions from the worst to not that bad.

Smoking

Procrastinating

Gambling

Eating junk food

Binge drinking

Gossiping

Shaking leg

Biting nails

Lying

Other

Discussion Questions:

Do you have any bad habits?

Do you have any good habits?

What is the best way to quit a habit?

Have you ever changed your habit?

What advice would you give to someone with a bad habit from above?