

# HABITS SCORECARD

*Write down your daily habits and ask yourself whether it is a good habit, bad habit or neutral habit. If it's a good habit, write a '+' next to it. If it's a bad habit, write a '-' next to it. And if it's a neutral habit, write a '=' next to your habit.*

<b>Habit</b>	<b>Positive (+)</b>
	<b>Neutral (=)</b>
	<b>Negative (-)</b>

# Habit

Positive (+)  
Neutral (=)  
Negative (-)