

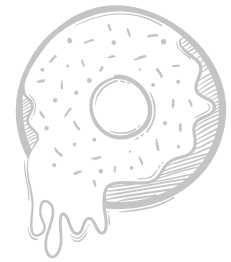
Hack 10



Breaking Bad Habits

“ A bad habit is like a comfortable chair,
easy to sink into, hard to climb out of, and it
never takes you anywhere worth going. ”

(Y.B)



We all have bad habits. Some are annoying or embarrassing, while others are damaging physically, emotionally, and spiritually.

What separates a successful teen from an average one is not whether they have bad habits, but how far they are willing to go to break them. Some habits are just small annoyances. Others can have a real impact making it harder to focus, sleep, feel confident, or manage our emotions.

Sometimes habits also start because we copy the people around us or feel pressure to fit in even when it's not really what we want. Things like vaping, smoking, drinking alcohol, or other addictive substances may start as experiments but can quickly turn into harmful patterns that are much harder to stop and can destroy lives. Other habits, like staying up too late, spending too much time on screens, or putting things off again and again, might not seem like a big deal at first, but over time, they can badly affect your mood and knock you off the ladder of success. Getting drawn into content that isn't healthy also impacts wellbeing and the way you feel about yourself.

That's why breaking bad habits isn't just about improving yourself, it's also about feeling better, thinking clearer, and being more in control of how you live your life.

Task:



Some bad habits seem small, but they can still affect your energy, mood, or focus. Why do you think making even a small change can have a big impact over time?

Did you know?

During adolescence, your brain is in its peak habit-forming stage.

Neural pathways, which are the “roads” your brain uses for repeated actions, are built and reinforced faster than at almost any other age. This means bad habits can become deeply ingrained very quickly... but it also means you have a powerful window to create positive ones that will stick for life.



Breaking bad habits

Here are 10 steps to help you along your habit-breaking journey:

1. RECOGNISE THE HABIT

The very first step is noticing what your habit actually is and when it happens. You cannot change something you do not see. Spend a week paying attention to when you do the habit and what sets it off. Is it when you are tired, stressed, or bored? Does it happen at a certain time of day or around certain people? Write it down if it helps. Awareness shines a light on the habit, and once you see it clearly, you are already beginning to take control.

Task:



Why do you think being aware of a habit is the very first step?

2. FIND MOTIVATION

Breaking habits is not just about willpower; it is about having a strong “*why*.” Think about the reasons you want to change. Maybe you want to feel more confident, get better grades, sleep better, or stop something from holding you back. Everyone’s motivation is different. When change feels hard, your “*why*” gives you the push to keep going. Picture your future self a year from now. How would life feel if you had already broken this habit? The effort you put in today is a gift to that future you.

Task:



What motivates you to overcome your habit?
