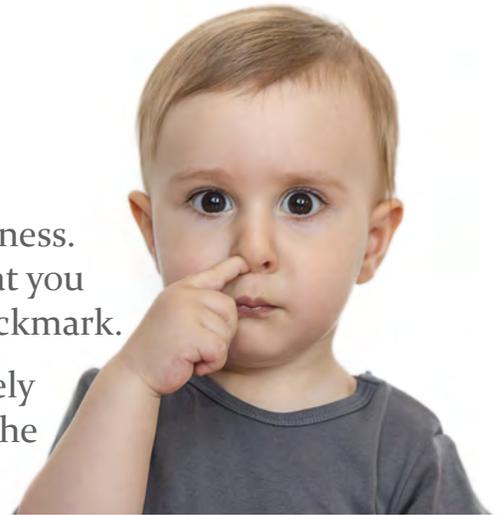


# Cut a Vice



If you stop **bad habits**, and you stop **long enough**, you develop **good habits**.  
*~Jordan Knight*



**Instructions:** Choose one vice that challenges your wellness. Whatever it is, it should be challenging! For each day that you are able to go without your vice, give your calendar a checkmark.

**Goal:** See how many days you can cut your vice completely this month. Can you make it a whole week? How about the whole month?

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>						
<input type="checkbox"/>						
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## They Always Say Old Habits Die Hard

Everyone has a guilty pleasure! Whether it is drive-thru coffees, cigarettes, or late night television, these habits can act as vices against our wellness if not kept in check. Below are some categories people may select vices from for this Monthly Challenge. You may come up with a unique vice of your own or find an example from below.

### Food

If you struggle with cravings for sweet or salty treats, this may be a good category for you. Perhaps you want to cut out chocolate, or maybe chips! Cutting behaviors such as “grazing” or meal-skipping are other options.

### Time Management

Do you find yourself to always be in a rush or unorganized? Take a look at what’s soaking up your time. Maybe you spend a couple too many hours surfing web or hit your snooze button several times. Kick one of these vices and find time you never knew was there!

### Stress Management

Stress is unavoidable. However we can lessen exposure to stressors and control our reactions to it. Cursing or other displays of anger will not help relieve emotions of upset. Pinpoint personal stressors (triggers to stress) or unhelpful reactions to stress and work on cutting them out.

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~Jordan Knight



### Sedentarism

Laying around on the couch all day may sound relaxing, but the long-term effects of sedentarism are anything but relaxing! Cutting out extra time spent lounging or using your work breaks to do something active can help rid these types of vices.

### Safety

People sometimes cut corners when it comes to safety just to save a minute or two getting out the door or to work. If you speed while driving or leave certain appliances plugged in after leaving the house, you are putting safety at risk.

### Finances

Money will not buy you happiness, but it can support a healthy and happy life to an extent. Keeping finances in check will allow us to do things we enjoy rather than waste money. Skipping takeout lunch on a weekly basis can cover the cost of a gym membership or some organic groceries.

Monthly  
✓Challenge



The  
**LAWSON  
GROUP**

Thinking. Without the Box.