

Name \_\_\_\_\_ Date \_\_\_\_\_

## Break Up With a Bad Habit

What is the habit you want to “break up” with? \_\_\_\_\_

Brainstorm some ideas for each of the following sections:

1. **Introduction:** State the purpose of the letter in the first sentence, and describe your “history” with the habit. You could even retell a specific incident. Jot down ideas and details here:
  
  
  
  
  
  
  
  
  
  
  
2. **Reason Paragraph #1:** Tell why you want to stop the habit. Explain all the problems or suffering it has caused you. Brainstorm here:
  
  
  
  
  
  
  
  
  
  
  
3. **Reason Paragraph #2:** Imagine your life without the habit. What would it be like? Describe a day or week without the habit dogging you.
  
  
  
  
  
  
  
  
  
  
  
4. **Conclusion:** Reiterate the purpose of the letter. Write a vow to drop the habit starting today. Write an affirmation of the new qualities you will embrace instead of the habit. End your letter telling the habit of a new motto you will use to remind yourself to be strong. Write your ideas here: