



Mother Jai's Wellness
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Habits & Tendencies Worksheet

Describe how you act or react in the following situations:

When I am put under pressure or stress:

When someone criticizes my work or ability:

When someone criticizes my personality:

When I am asked to comment on another's ability or work:

When I disagree with others:

When I make a mistake:

When someone compliments me:

When I make compliments to someone else:

When someone asks about me, who I am:

When someone asks about my accomplishments:

When I have to speak in public:

When I am in a crowd of people:

When I meet someone:

When I am alone:

When I am challenged with a big task:

When I am struggling with a task:

Finish the following sentences:

I hold back from speaking the truth when...

I look forward to challenges when...

I avoid challenges when...

I become stubborn when...

I excel when...

I do not do well when...

I release stress by...

I learn best by...

I am more open about myself to others when/if...

When I am put under pressure, I...

When I am in an uncomfortable situation, I...

Changing my behavior requires...

Answer these questions:

Which of your habits or behaviors has the most negative impact on you?

Which negative habits do you struggle with the most?

Which behavior, if changed, would help you to achieve your goals?

Which negative habit would you like to stop the most? Why?

Which positive habits would you like to build on?

Which positive habits would you like to create most?
