**Quitting Activity**

In the left hand column, write down things you do that are wasting your time and energy and you ought to quit; in the right hand column, write down things that are important to you that you should not quit, and should redirect the time spent on the left hand column to.

|  |  |
| --- | --- |
| I SHOULD QUIT…… | IMPORTANT THINGS I DO…… |
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |
| 6. | 6. |
| 7. | 7. |
| 8. | 8. |
| 9. | 9. |
| 10. | 10. |