

A PAST CONQUEST

PART V



Worksheet 5

Close your eyes and recall a time when you freed yourself from a harmful habit. Remember it as vividly as you can.



What habit did I overcome?

Recall the habit that once held you back or caused repeated trouble.



What motivated me to make this change?

Reflect on the reason or turning point that moved you to act.



Was it a sudden breakthrough, or a gradual process?

Did the habit's mesmerizing grip suddenly loosen, or did it take steady effort over time to break free from it?



What steps did I take to break free from this habit?

List the key actions that led to the breakthrough.



How did I feel once I freed myself from it?

Describe the emotions you experienced when you finally succeeded.



How has this change affected my life since then?

Reflect on how your life has changed since releasing this habit.

As you rejoice again in this victory, let it remind you that freedom from habits is always possible. If you could overcome that habit, you already possess the strength to face others that may still hold you back.