

# Open Awards

## Qualification Unit



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### 1 Unit Details

Unit Title:	Forming and Breaking Habits
Unit Reference Number:	R/615/6699
Level:	Level 1
Credit Value:	2
Minimum GLH:	18

### 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about habits	1.1 Define what is meant by a habit
	1.2 Identify a minimum of one personal <ul style="list-style-type: none"><li>a) Good habit</li><li>b) Bad habit</li></ul>
	1.3 Outline how habits are formed
	1.4 State a minimum of one: <ul style="list-style-type: none"><li>a) Benefit(s) of habits</li><li>b) Disadvantage(s) of habits</li></ul>
	1.5 Outline how personal environment can impact on forming and breaking habits
2. Know how to break and form habits	2.1 Outline a minimum of two strategies for breaking and forming habits
	2.2 State how mindfulness could help break and form habits
	2.3 State how visualisation could help break and form habits

2.4 State why rewarding personal success when breaking and forming habits is important

2.5 State why it is important to create realistic goals when attempting to break and form habits

2.6 Outline a simple personal plan to:

a) Break a bad habit

b) Form a good habit

2.7 State the possible benefits of telling others about a personal plan