

## Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Forming and Breaking Habits

**Unit Reference Number:** J/615/6733

**Level:** Entry Level Three (3)

**Credit Value:** Two (2)

**Minimum Guided Learning Hours:** 20

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about aspects of equality	1.1 State what is meant by a habit
	1.2 Identify a minimum of one personal a) Good habit b) Bad habit
	1.3 State a minimum of one: a) Benefit(s) of habits b) Disadvantage(s) of habits
	1.4 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 one strategy for breaking and forming habits
	2.2 State why it is important to create realistic goals when attempting to break and form habits
	2.3 Outline a simple personal plan to: a) Break a bad habit b) Form a good habit
	2.4 State the possible benefits of telling others about a personal plan