



## daily GOOD

The hard must become habit. The habit must become easy. The easy must become beautiful. --Doug Henning

### **5 Steps to Breaking Bad Work Habits**

We all have our own bad habits at the office. Maybe it's gossiping or complaining. Or binge eating or nail-biting. Or checking e-mail incessantly. Whatever the habit, we'd be happier without it. Andrew Rosen, author of "How to Quit Your Job," offers 5 steps to leave bad workplace habits behind as you pave a healthier, balanced lifestyle.

### **Be The Change:**

Take inventory of your unhealthy workplace tendencies and follow the article's roadmap to break out of them.