I'm trying to stop a bad habit, but I keep making mistakes. How can I get it right?
—Discouraged in Derby

FOR OLDER KIDS

Dear Discouraged,

Stopping a bad habit is *tough.* But it's definitely worth it to keep trying, no matter how many times you mess up. Trying, failing, and trying again is part of everyone's journey. So be patient with yourself. Elder Dieter F. Uchtdorf taught, "Our destiny is not determined by the number of times we stumble but by the number of times we rise up, dust ourselves off, and move forward."[1]

So keep going!

The *Friend*

5 Tips to Power Up Your Habit-Breaking

1. **Replace a bad habit with a good one.** Plan something to do instead when you are tempted to do your bad habit. It can be small!

2. **Read the Book of Mormon.** "Do you want to get rid of a bad habit? . . . Read the Book of Mormon!" said President Russell M. Nelson. "It will bring you closer to the Lord and His loving power."[2]

3. **Ask for help.** Talk to your friends and family members about your goals and ask them to support you.

4. **Surround yourself with hopeful words.** Choose a quote or scripture that motivates you. Put it where you can see it every day.

5. **Rely on Heavenly Father and Jesus Christ.** This is the most important tip. With Them, you can overcome any bad habit. Pray for Their help every day!

1. "You Can Do It Now!" *Liahona*, Nov. 2013, 55. 2. "A Testimony of the Book of Mormon," *Ensign*, Nov. 1999, 71.