

WAYS TO BUILD HEALTHY HABITS



Remember, the journey towards a better life starts with understanding oneself and embracing growth opportunities.

Make goals obvious, easy, attractive and satisfying.



1 STICK TO A SUSTAINABLE PACE

- Seek support from trusted individuals or professionals.
- Don't jump right in, approach slowly. Gradually increase miles, weight, ect. each week.
- Engage in activities that promote happiness and positive well-being.



2 TEMPTATION BUNDLING

- Pair an activity you enjoy doing with something that you are putting off.
- Examples include:
 - read your book/podcast while walking.
 - Get a pedicure while answering old emails.
 - Watch your favorite TV show while doing house hold work.



3 PREPARE FOR ROAD BLOCKS

- Create "escape routes." What has kept you from accomplishing this goal before?
- Be compassionate as you would a friend or loved one.
- Set realistic and reachable goals.



4 CELEBRATE TINY ACCOMPLISHMENTS

- We tend to always focus on the bigger picture. What about the small steps in between?
- Celebrating small steps gives us the gratification and motivation to keep pursuing your goals!