

8 Steps to create better HABITS



Find your MOTIVATION

Why do you want to adopt a new habit? How will it improve your life? How does it get you closer to your goals? What will happen if you don't? Ask yourself these questions or better yet, write them down!



Step by step

Start small with easy to follow new habits. Smaller, manageable changes transform into big changes over time.

Be realistic

Setting unrealistic goals can cause frustration and quitting. Give yourself time and set realistic small steps to make it stick in the long run!

Replace instead of letting go

Replacing bad habits with better ones is often easier to follow in the long run. Find healthier substitutes or maybe you have to break a goal down a touch more.

Make it the easy choice

If you have only healthy food in the pantry and fridge you will grab only healthy foods when having an urge. Make it simple and available. Put the workout clothes in the car for quick access, have healthy snacks on the counter rather than sugary cookies etc.

Create habit bridges

Some stubborn old habits may just stick with you and better, new habits won't. Create a bridge for new habits. Add a new habit to an old habit until the new habit is strong enough to stand on it's own. This also help as a reminder. Example: Every time I brush my teeth (old habit) I add 10 push ups (new habit).

Create a support system

Setting goals for yourself is one thing, but telling others about it makes it so much more real! Keep yourself accountable and get some needed support from friends, family or a group!

Reward yourself!

Even the smallest rewards will keep your motivation running. Tell yourself you did a good job, create a "reward word" like "Woohoo (I did it)", think ahead with a bigger reward to have something to look forward to.

