

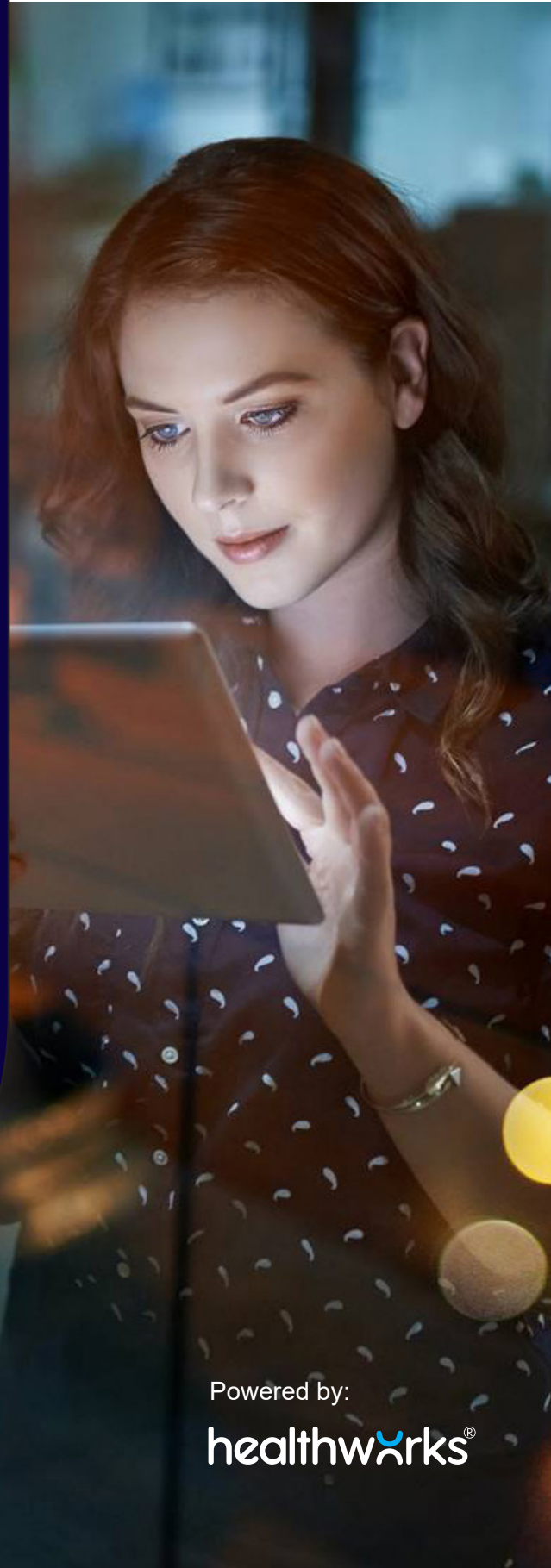
# How to Create New Healthy Habits



1. **Think of your new habit as a goal.** You need a starting point and a very specific goal you are trying to achieve. How will you get there? Make sure your habit is S.M.A.R.T.



2. **Identify an existing habit.** (brushing your teeth, reading the paper...) and link your new habit to this. Remember motivation is higher in the morning.
3. **Write down a list of ways you can make your new habit easier.** Do you need to buy anything? Do you need a partner?
4. **Be accountable to others.** Tell your friends and family what habit you are trying to create. Put it on social media. Ask your family to help keep you on track.
5. **Set small initial targets.** Make those first steps really easy to achieve. Want to do 50 push ups a day? Then start with just 1 a day.
6. **Create visual reminders.** with post-it notes and charts on the fridge. Set reminders on your phone. Download an app to keep you focussed on your goal.
7. **Make an additional incentive for yourself.** Plan how you will reward yourself upon reaching your goal.



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