

BUILDING HEALTHY HABITS

		WEEK 1							WEEK 2							WEEK 3							WEEK 4							WEEK 5						
FOCUSING ON	MY HABIT IS...	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
WELLBEING	When I...																																			
	I will...																																			
MINDFULNESS	When I...																																			
	I will...																																			
MOVEMENT	When I...																																			
	I will...																																			
SLEEP	When I...																																			
	I will...																																			
NUTRITION	When I...																																			
	I will...																																			

REMEMBER

You now have the blueprint for building healthy habits. Remember your why - this will help keep you motivated to practice your habit each day... But we can't rely on motivation alone. We need to hack the brain to keep on track. That's why we need to keep repeating new habits so that they become designed into our day. And don't forget the power of rewarding the brain with that dopamine hit to keep you on track! Lastly, have fun and be flexible - if something isn't working, then change it up. By making small changes we can have a huge impact on our state of mental health and wellbeing.