



# Building Healthy Habits

## *Challenge*

LEARN TOP TIPS TO CREATE NEW  
HABITS THAT STICK IN 6 SHORT  
WEEKS.

# 6-WEEK HEALTHY HABITS CHALLENGE

## *Getting Started*

Welcome to your 6-week Building Healthy Habits Challenge! If you've ever tried to start a new habit... only to fizzle out a week later - you're NOT alone.

Forming new habits is tough! But the key to making **any** dream a reality is taking day-to-day actions... consistently.

Your dreams and goals point you in the direction you want to go. But your habits are the steps that take you there.

The more healthy habits you have, the easier it is to create the life of your dreams. Small actions, when repeated, have the power to shift your life. ✨

### EXAMPLES OF HEALTHY HABITS

- Keep a gratitude journal and write 3 things you're thankful for
- Drink at least 8 glasses of water
- Read 10+ pages in a self-improvement book
- Meditate for 5 minutes
- Take a mindful walk without distractions
- Eat 5 or more vegetables
- Get at least 8 hours of sleep
- Turn off electronics by 9pm
- Start your day with 5 minutes of sunshine
- Have a smoothie for breakfast
- Exercise for 20 minutes

**Over the next 6 weeks, you'll build two new healthy habits to improve your life.**

And the key to building anything new is to start with a solid foundation. So let's do some prep work to set you up for success...

*If you can dream it, you can do it...*

# WEEK 1: GET CLEAR

*Set Your Focus*

For habits to stick, you need to reflect on why they're important to you. So this week you'll get clear on your why. This will help you choose habits that matter to you to the most.

## FIND YOUR 'WHY'

Who do you want to become? And how do you want to feel?

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EX. I want to be an amazing mom and have the energy to show up for my kids. I want to feel healthy, calm, and confident.

### 1) What are two healthy habits that would help you become that person?

Write down both the habit you wish to establish, and the purpose behind this habit. Results are all about CONSISTENCY.

For example, maybe you wish to be an author, but you haven't been able to get started with writing that book you have always dreamed of. Here would be a habit that you could develop for this example to move you towards the person you want to become: I will write for 20 minutes every day about topic xyz, undistracted, outside on the porch so that by the end of the quarter I have written the basic foundation for my book. Be specific!

**Habit #1:** \_\_\_\_\_

**Habit #2:** \_\_\_\_\_

### 2) What old habits are getting in the way of your goals?

**Habit #1:** \_\_\_\_\_

**Habit #2:** \_\_\_\_\_

Example: Scrolling social media for half an hour before bed.



Tip: Use the habit trackers on pages 9-10 to track your progress!

# WEEK 2: HABIT STACKING

How did last week go? If you feel a little wobbly about your new habits... that's okay! In fact, it's totally normal. Be kind to yourself, do your best, and celebrate every small win you can.

And remember, each week we'll add a new habit-building tool to your toolkit. This week's tool is something that makes building new habits much easier: **habit stacking**.

## What is Habit Stacking?

Habit stacking is quite simple: it's adding a new habit onto an old one that's already part of your routine. This makes it much easier to form your new habit, because it takes less mental effort.

### Examples of Habit Stacking

You want to start gratitude journaling every day. Each morning you already start your day with a cup of coffee.

**STACK IT:** Sip on your coffee while you jot down three things you're grateful for.

You want to exercise more, but tend to land on the couch when you get home from work.

**STACK IT:** Right after you take off your work shoes, put on your workout clothes.

Now, it's your turn! Think of the routines you already do every day without fail (ex. brushing your teeth, eating dinner, getting out of bed, having morning cup of coffee, driving to work, etc.)

Now think of how you can stack your two new habits onto your current lifestyle...

### Habit Stacking in Action

I already... \_\_\_\_\_ I want to... \_\_\_\_\_

STACK IT: \_\_\_\_\_

I already... \_\_\_\_\_ I want to... \_\_\_\_\_

STACK IT: \_\_\_\_\_

# WEEK 3: CHANGE THE ENVIRONMENT

Your surroundings can either support your goals...or sabotage them. So this week you'll learn to harness the power of your environment. And there are a couple of ways to do this.

You can change your environment to...

## Make Your New Habit Easier

**Example 1:** You want to start your day with 15 minutes of exercise. So you lay your workout clothes by your bed the night before.

**Example 2:** You want to drink at least 64 ounces of water every day. Buy a water bottle that holds 64 ounces and keep this at your desk.

**Example 3:** You want to say affirmations every day. So you post sticky notes with them on your bathroom mirror or by your desk.

## Make Your Old Habit Harder

**Example 1:** You waste too much time on social media. So you remove the apps from your phone's main screen (or even from your phone altogether).

**Example 2:** You tend to binge watch Netflix after dinner. So you hide the remote in a drawer or closet (or even take the batteries out).

**Example 3:** You want to eat healthier, but you crave chips and cookies. So you purge your pantry of junk food and replace them with healthy options.

Now, think about how you can change your environment to solidify your new habits and ditch your old ones. Make a plan in the space below:

### NEW HABITS

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### OLD HABITS

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# WEEK 4: GROW THE APPEAL

Congrats, you're at the halfway mark! This week we'll strengthen your new habits by inserting some joy into them. When habits are FUN and don't feel like a chore, they're much easier to stick to. You may even look forward to them! 😊

So this week's tool is to attach something you already enjoy to your new habit. Pretty simple, huh? The box below has some examples to get your creative juices flowing...

## How to Grow the Appeal

- You want to read 10 pages a day in a self-improvement book. So you sip on a cup of tea while you read (if you love tea).
- You want to exercise more. So you buy some new workout clothes to make sweat sessions more fun.
- You want to go to bed by 10 pm. So you turn off electronics at 9 pm and take a bubble bath to wind down.
- You want to go for a walk every day. So you listen to your favorite podcast while you get your steps in.
- You want to lift weights 3 times a week. So you watch your favorite Netflix show while you're pumping iron.
- You want to eat more veggies. So you find some fun new healthy recipes to try.

Your turn! Use the space below to brainstorm some ways to make your new habits more appealing.

## How Will You Bring More Joy to Your Habits?

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# WEEK 5: SUBSTITUTE A HABIT

This week you'll keep practicing your new healthy habits. But you'll also learn a new tool to ditch old, unhealthy habits: **Substitution**.

Yep, one of the easiest ways to break a bad habit is to replace it with a healthy habit that gives you a similar benefit.

All habits, even smoking, provide some benefit. Whether it's to destress, feel connected, feel comforted, or relieve boredom - there's always a hidden benefit at play.

Identifying that benefit can help you replace that habit with a healthier option that fulfills the same need.

## HOW TO SUBSTITUTE A HABIT: EXAMPLES

**Old habit:** You binge eat junk food after a long day at work.

**Benefit:** Relieves stress

**New habit:** When you get home from work, you spend 10 minutes doing breathwork exercises or go for a walk.

**Old habit:** You check your email dozens of times a day.

**Benefit:** Helps you feel connected

**New habit:** When you feel the urge to check your email, you text a friend or family member instead.

Now think back to the unhelpful habits you identified at the beginning of this challenge. What benefit do you get from them? And what new habit can you swap it out for? Use the space below to brainstorm.

**Old habit:**

\_\_\_\_\_

**Benefit:**

\_\_\_\_\_

**New habit:**

\_\_\_\_\_

# WEEK 6: ACCOUNTABILITY

Wow, you've made it to week 6! You're in the home stretch now... and I hope you're proud of how far you've come!

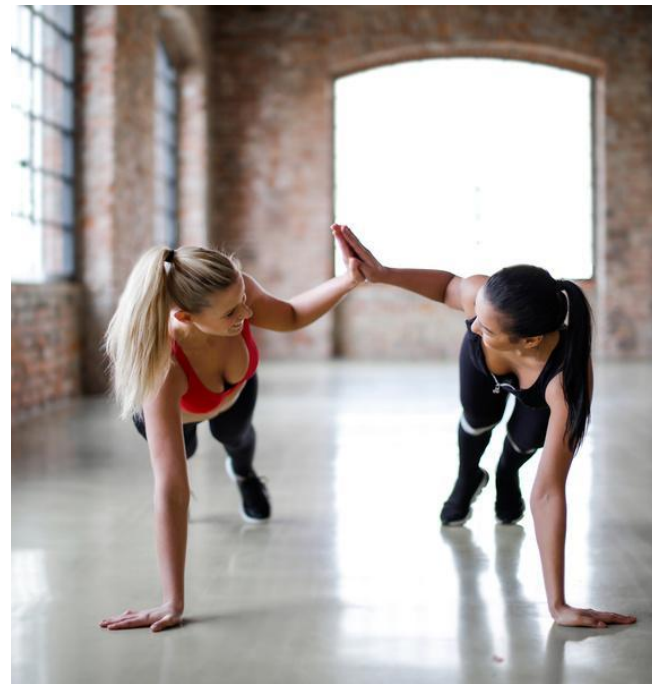
For the final week of this challenge, you'll use the power of accountability to cement your healthy habits.

## Why Accountability Matters

If you build a new habit in secret, it's much easier to give up. Once you share your goal, it adds some positive peer pressure into the mix. This can make you more likely to stick to your habits... especially on days when you'd be tempted to tap out in private.

## Ways to Stay Accountable

- Have a friend that's working toward the same goal? Team up and be accountability buddies! Check in every day via text or meet up for a workout.
- Share your new habits on social media.
- Chat about your new habits at the dinner table or in the lunchroom at work.
- Invest in a personal trainer or health coach.



Now make a plan for how you'll stay accountable to your new healthy habits... so they stick! Jot your reflections in the box below:

## Accountability Plan

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# HABIT TRACKER

*See Your Progress*

HABIT #1:

	M	T	W	T	F	S	S
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHAT WORKED

TO IMPROVE ON

# HABIT TRACKER

*See Your Progress*

HABIT #2:

	M	T	W	T	F	S	S
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHAT WORKED

TO IMPROVE ON