

Old habits farewell- New (healthy) habits welcome!



We mean well and we REALLY want to implement some new healthy habits but sometimes this is easier said than done. Well, lets look at a few tips how we can make them easier.

STEP BY STEP!

If you have a really old and stubborn habit, tackle it in small steps. By breaking it down you make it easier to achieve.

For example, instead of having chips every night, you might want to cut it down to have it 3 times a night, then 2 times and so on..... Until you reached the new goal.

COMMIT TO IT

Visualize yourself with the new habit and how it impacts your health/life. Write down why you want this new habit and give yourself a trial timeframe to get it started.

REPLACE LOST NEEDS

Instead of getting rid of all the old (unhealthy) habits you are not happy with, find a way to REPLACE them.

Example, instead of grabbing the chocolate find a healthy substitute that makes you happy like cuties, apples, dried fruits, nuts etc.



BE REWARDING! Reward yourself when you did a good job. A simple “good job” or “woohoo” said out loud can go a long way.

VISUALIZE IT!

A lot of people find help in “visualizing” their steps. Simply said- write it down. Start a journal or use a post- it with an encouraging reminder for the backup support. For children, drawing a new habit can be very powerful.

BE IMPERFECT! Mistakes are proof that you are trying!

FORM A TRIGGER

By adding a new habit to an old one, you create a “mental bridge” that helps you implementing the new habit.

For example doing 10 jumping jacks every time after you brush your teeth.

it always seems impossible until it's done



REMIND YOURSELF!

Set a little reminder on your calendar, phone etc. after 2 weeks with your note of WHY you want this. It will show your progress and/ or to be reminded in case you missed a few days.

HOW TO STICK WITH IT?

You might have heard of the “21 days” rule. However, studies show that this really depends on the intensity of the new habit. A new study suggests to plan on 66 days on average. Take you time and practice patience- it is worth it!



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