



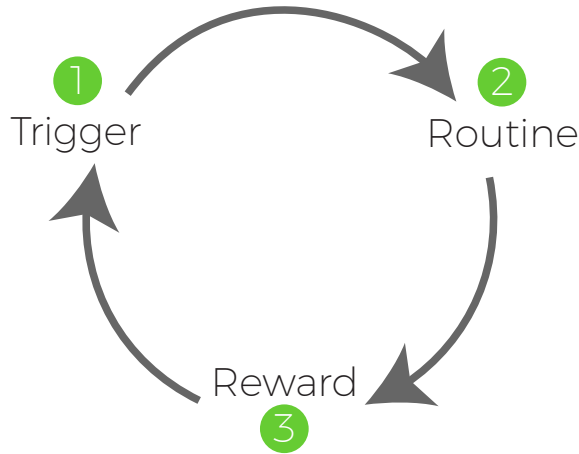
3 Steps To Healthy Habits

1. What's Your Current Unhealthy Habit (Awareness)

Your Cue / Trigger

Just when the habit started.
STOP AND ASK YOURSELF:
 What exactly triggered the habit?

.....



Your Routine / Behavior

Write down the specific routine, process, behaviour you want to change?

.....

Your Reward: What cravings, emotions or values does this habit fulfill? What do you get out of it?

.....

2. Create Your New Micro-Habit (Statement)

Consciously improve your trigger, routine or reward and form a new empowering and healthy micro-habit statement.

When (trigger),

I am (routine),

Because (reward).

3. Practice Your New Micro-Habit (Repetition)

Put above new micro-habit into action. Establish a new unconscious behavior. Mark below calendar every time you complete one repetition.

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

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