



HEALTH 'N HABITS

Life is full of distractions that can quickly drive us crazy! Wouldn't it be great to lose the vices which drain us of energy, leaving us with space for peace & clarity?

We all face little niggles in life which we wish we had time to address – the clutter in our house, bills to pay, debts to clear, annoying habits we wish we could shake and so on.

WHAT IS A HABIT?

A habit is a routine or practice that we perform regularly, either consciously or unconsciously. Habits can be physical, mental, or emotional, and they can be good or bad for our wellbeing. Habits are important because they help us to keep going when we are low on motivation, discipline, or energy. They can make our lives better or worse, depending on the types of habits we have.

For example, brushing our teeth twice a day, grocery shopping once a week, going out with friends every Tuesday are all habits that we may have developed over time. Habits can be categorized as mental, physical, or emotional; motor, intellectual, and character-building. The word "habit" comes from the Latin word "habitus," which means "condition, appearance," and later came to denote physical or mental constitution.

GET INSPIRED

Inspire yourself by writing a list of reasons why your life will be better once you've dropped habits that don't enrich your life. Then write your list of new habits that will achieve outcomes that bring you joy. Add target dates and plan healthy rewards for achieving on time.

Get inspired by the fresh new day or week or month or year ahead of you – go up a gear to achieve your goals!



Whatever your health and wellbeing goal this year, focusing on small incremental changes is the best way to achieve lasting results. Think about your end goal & work backwards, breaking it down into manageable steps.

USE THIS EXAMPLE FOR INSPIRATION IF DROPPING A JEANS SIZE IS A GOAL:



"My goal is to lose 7 pounds" - aim for 1lb to 2lb weight loss a week by:

WEEK 1

limiting chocolate
/sweets/biscuits/
crisps/beer



WEEK 2

adding 20 minutes of
walking to your daily
routine



WEEK 3

replacing sugary
drinks with water

Achieving weekly targets will give you the motivation to achieve your end goal.

