

# HABIT BUILDER & TRACKER

Habits are actions that we take routinely to reach our goals. For example, if our goal is to "be healthy", our habits might be to eat five fruits and vegetables each day or exercise three times per week.

Here are some simple tips to help you build new habits:

- **Start with small changes.** You are more likely to stick to behaviours that require a small change rather than a massive one. These small changes will accumulate over months and years to make a big difference.
- **Link new habits to activities that you are already doing.** This can help remind you of your habit and promote consistency. For example, "after my morning coffee, I will journal for 10 minutes".
- **Create a habit-promoting environment.** Sometimes your surroundings keep you stuck and therefore, it can help to update your environment so that it encourages your new habit (and discourages any unhealthy ones). For example, getting your workout clothes ready the night before or having a fruit bowl on the kitchen counter.
- **Celebrate your successes.** Often it can take a while before you feel or see the benefits of your habits. That's why it can help to maintain motivation by celebrating small achievements along the way.
- **Something is better than nothing.** Building a habit is not an all-or-nothing process. Sometimes life gets in the way and occasional slips are forgivable, but when possible, try to do something towards building your habit. For example, too busy for an hour-long workout? Go for a 10-minute walk around the block.
- **Track your habits.** This can help keep you motivated and accountable as well as remind you of how far you have come. Below is an example of a morning and evening weekly habit tracker.

## MORNING ROUTINE

	M	T	W	T	F	S	S
Habit 1: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit 2: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit 3: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## EVENING ROUTINE

Habit 1: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit 2: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit 3: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

"We first make our habits, and then our habits make us."

- John Dryden