



## Creating and building healthy habits

Creating positive, new habits isn't about how much willpower you have. It's about starting small and making it a positive experience.

If you haven't already seen the learning video about Creating and Building Healthy Habits, make sure you click through to the **HOSPO HEALTH** website to get a great overview, including the scientific theory and practical examples.

And now you're ready to get started. Follow these 5 steps to get you on your way to success:

- 1 Set your environment up and create a trigger.** For example, laying your gym clothes out before bed, then setting your alarm, waking (and not overdoing the snooze button) is a trigger for going to the gym. Well done, you've just taken a symbolic first step.
- 2 Make sure you show up consistently, or 'do the habit' consistently.** Don't underestimate the power of just showing up and starting. And by showing up you're beating the biggest obstacle to forming a positive habit: starting.
- 3 Package or link the habit with a reward.** Studies show that we are more likely to stick with a habit if we package it with a short-term reward.
- 4 Don't beat yourself up.** Research shows that people who don't forgive themselves and dwell on the 'failure' are much more likely to miss another repetition. So just forgive yourself and jump back on that horse!
- 5 Go for the low hanging fruit first.** Starting small makes lasting change easy.

### REMEMBER!

Creating new habits isn't something that **happens by magic** - we need to put in a bit of work to get there.

### 21 DAYS TO FORM A HABIT?

This could be something you've heard or read. But it is a myth and really misguided. Science tells us that it can actually take anywhere from 18 to 254 days to form a habit. But don't let this destroy your motivation, the above steps can help you on your way to success.



### SHERRI RING

Hospo Health Lead Coach  
Energy Health – Director,  
Founder  
The Mind Games – Director,  
Founder

