

5 STEPS for Building New Habits

Whether you want to exercise more regularly or improve your mental wellbeing, follow these steps to make new habits part of your routine.

5

CELEBRATE YOUR SUCCESS

When you make progress... reward yourself!
Your achievement is amazing... Now keep going.

4

ADD IT TO YOUR ROUTINE

Consistency is key to habit formation so build your new habit into your daily routine. For example, do five minutes of stretching after brushing your teeth.

3

IDENTIFY WHAT MOTIVATES YOU

Why do you want to change this habit in the first place? Having a personal connection to change will get you through the harder moments.

2

CREATE A CLEAR VISION

Picture the positive outcomes of your new habit and think about how you will feel when you have achieved your goal.

1

START SMALL AND STEADY

Begin with tiny, achievable steps.
Gradual progress is more sustainable than sudden change.

The longer you stick to your new habit, the easier it will become.

For more wellbeing and personal performance tips, visit www.thehopefullinstitute.com

