BUILD
habits that
stick.

The RIGHT way to build new habits

▶ ## Start ONE new habit.

If you try doing 7 new things at the same time, you'll get nowhere. So pick one specific habit you'd like to build and commit to it for the next 30 days (or more). Write that habit down below.

▶ ## Be VERY specific.

Don't just say "I want to read more books." or "I want to exercise more often.". Instead say:

"I will [behaviour] at [time] in [location]."

ex. "I will read 10 pages right before I go to bed."
Write your habit with this method below.

▶ ## Use habit stacking.

There are many habits you already have such as brushing your teeth, eating breakfast, etc. You should try building your new habits on top of the ones you already have, since that's easier.

"After [current habit], I will [new habit]."

ex. "After I brush my teeth, I will meditate for 5 minutes."
Write your habit with this method below.

▶ ## Design your environment.

Make the triggers for good habits as obvious and visible as possible.

– Want to read before bed? Place a book on your night stand.
– Want to do yoga after you wake up? Place your yoga mat next to your alarm.

Write down what you'll change in your environment to make this habit easier to do.

▶ Use the Two-Minute Rule.

Change your habits, so they take less than two minutes to complete. In this case, focus on starting the habit instead of completing them.

– Want to work out? Focus on putting your workout clothes on.
– Want to start journaling? Focus on opening your journal and writing the date.

Turn your big habit into a small two-minute version and write it down below.

▶ Never miss twice.

Look, you WILL mess up and slip on your habits. That's okay!

But you have to get back on track immediately or "this one time" will turn into 2,3,4,5 and more times and you'll keep skipping more and more days. You can miss your habit on one day, but

You CAN'T miss two days in a row. PERIODT.

Write a promise to yourself that you won't miss two days in a row down below.

▶ Some habits you can start / quit today.

When you start new habits, you'll need to quit old bad ones to make time for the new ones.

ex. If you want to start reading for 30 minutes every day, you'll need to spend 30 minutes less on social media, so you have enough time to read.

Good habits

~ *Journaling*
~ *Reading books*
~ *Meditating*
~ *Exercising*
~ *Waking up early*
~ *Making your bed*
~ *Drinking water*
~ *Going for walks*
~ *Flossing*
~ *Practicing gratitude - one line per day*
~ *Going to bed early*

Bad habits

~ *Too much social media*
~ *Too much Netflix*
~ *Too much coffee*
~ *Emotional eating*
~ *Sleeping in / oversleeping*
~ *Using devices late at night*
~ *Breaking promises to yourself*
~ *Saying "ummm" and "ahhh" frequently*
~ *Snacking non-stop, even when not hungry*
~ *Being late / in a rush*
~ *Not planning your day*

Habit Tracker

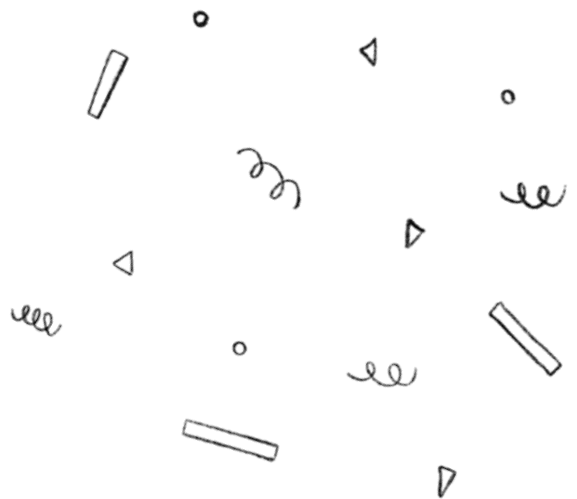Month :

Habit Tracker

Month : _____

Habit Tracker

60 Day Challenge

Habit : _____

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	31	32	33	34	35
36	37	38	39	40	41	42
43	44	45	46	47	48	49
50	51	52	53	54	55	56
57	58				59	60

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@ellenkelleystudies

" small habits lead to long term GROWTH. "