

Habits for Health

Creating New healthy habits from Old unhelpful habits



<p>DECIDE</p>	<p>What is my new Healthy Habit? What is this replacing?</p>	
<p>ASK</p>	<p>What is the main reason that makes having this behaviour important to me?</p>	
<p>BREAK</p>	<p>What I'll do to make it easier [remove or plan into my life] What I shall do or say to stop the urge affecting me</p>	
<p>CREATE</p>	<p>My Trigger [maybe a new one or same as the old routine] My New Routine [make this a 100% doable 'small step' habit] My Reward [the same reward I got from old habit or a new one that supports my health goal]</p>	
<p>BECOME</p>	<p>The Person I shall become once the new habit is formed</p>	



DR SUE SMITH 
be your best inside & out

“Habits are not a finish line to be crossed, they are a lifestyle to be lived” James Clear