

JANUARY 2021

Start the New Year with a New Healthy Habit

Barriers to Sticking to a Habit

- The habit is too difficult
- You're not really motivated to do it
- You don't enjoy doing it
- You're trying to adopt too many habits at once
- Your schedule or routine varies constantly because of children or family demands
- You miss a day or two and get discouraged or off track

Tips for Sticking to a Habit

- Ditch the all-or-nothing approach - start small
- Adopt one habit at a time
- Make your habit a realistic one - choosing a realistic goal will increase your chances of maintaining the habit
- Focus on starting the habit - don't stress about how you'll maintain it, just start
- Do the habit once a day - don't miss two days in a row
- Enjoy doing it - pick something that you can enjoy, or that motivates you
- Be patient - realize it takes time to change your habits and don't get discouraged
- Track your positive changes - writing down or checking off your progress can be a big motivator
- Celebrate your daily accomplishments - big or small