

“MOTIVATION IS WHAT GETS YOU STARTED. HABIT IS WHAT KEEPS YOU GOING.”

- JIM RYUN

21 DAY MYTH

“It takes 21 days to build a new habit” is largely a MYTH. The truth is the time required to change a habit varies. One study found that it ranges from 18 to 254 days for a person to form a new habit. The average time was 66 days. *Keep going!*

TRY 'HABIT STACKING'

Build new habits by taking advantage of old ones. Use this formula to get you started: **After/Before [CURRENT HABIT], I will [NEW HABIT]**. For example, “After I take off my work shoes, I will immediately change into my workout clothes,” or “Before I sit down to dinner, I will pack my lunch for the next day.”

GREAT START!

Challenge yourself to make your bed every morning for the next 30 days. No need to achieve military bed-making standards. Fluff your pillows, pull up your sheets and bedspread, and tuck in any loose ends. Give yourself a gift of success each morning and a more peaceful environment to return to at the end of each day.

Sources: <https://www.healthline.com/health/how-long-does-it-take-to-form-a-habit#base-figure/> / <https://jamesclear.com/habit-stacking/> / [102 Challenges](#) by Tad Mitchell, 2018 WellRight, Inc.



S	M	T	W	T	F	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 1/12 'YOU AT YOUR BEST' LUNCH AND LEARN*
- 1/13 NATIONAL TAKE THE STAIRS DAY
- 1/18 THE BIG 4 FOCUS STARTS!
- 1/20 'SUPPORT FOR FAMILY CAREGIVERS' LUNCH AND LEARN*
- 1/21 'STRESS LESS' LUNCH AND LEARN*
- 1/26 'SUPPORT FOR FAMILY CAREGIVERS' LUNCH AND LEARN*

*Virtual lunch and learn offered online. Learn more at healthmatters.idaho.gov/classes-presentations/