“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.