

BUILD HEALTHY HABITS

From: *Creating Healthy Habits - Make Better Choices Easier*
<https://newsinhealth.nih.gov/2018/03/creating-healthy-habits>

1 PLAN

Identify unhealthy patterns and triggers. Set realistic goals. Write down steps to help you achieve them.



2 CHANGE YOUR SURROUNDINGS

Find ways to make healthier choices easy choices. Remove temptations. Work for changes in your community, like safe places to walk.



3 ASK FOR SUPPORT

Find friends, family, co-workers, neighbors, or groups for support or ask people to join you.



4 FILL YOUR TIME W/HEALTHY ACTIVITIES

Try exercise, a favorite hobby, or spending time with family and friends.



5 TRACK YOUR PROGRESS

Record how things are going to help you stay focused and catch slip-ups.



6 IMAGINE THE FUTURE

Think about future benefits to stay on track.



7 REWARD YOURSELF

Give yourself a healthy reward when you've achieved a small goal or milestone, like a massage or personal time.



8 BE PATIENT

Improvement takes time, and setbacks happen. Focus on progress, not perfection.

