

# Build habits



# Get into the habit

Whether you want to create a healthier routine, or cut back on some negative patterns you've fallen into, really considering your habits, and whether they are serving you, can be a great first step.

Use the exercise below to tune-in to different areas of your life, shading in the satisfaction scale based on how pleased you are with those elements, and then take the time to reflect on either behaviours and actions you want to change, or new habits you'd like to form to improve this.

## Top tips!

- **Try not to change too many things at once.** This can help your focus and prevent you from feeling overwhelmed.
- **Forming a new habit takes time;** try not to be discouraged if things don't progress as quickly as you hoped.
- **Repetition is key,** so keep in mind what you're working towards, and why you're doing this.
- **Remember the bigger picture:** a habit is about changing your lifestyle for the long-term.

Sleep

1				
				10

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Wellbeing

1				
				10

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Movement

1				
				10

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Relationships

1				
				10

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Personal  
development

1				
				10

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Self-care

1				
				10

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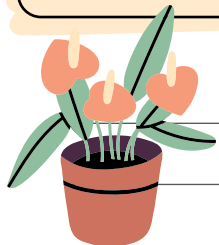
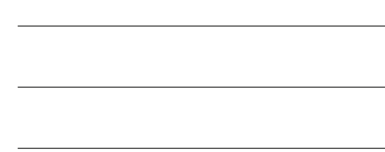
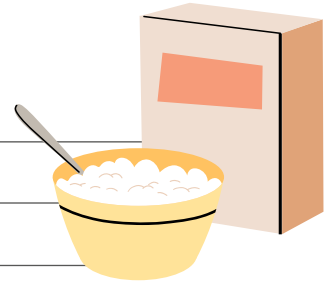
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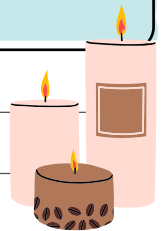
# My ideal morning routine

Create your dream routine for how you begin each day by adding in healthy habits you want to include, and the times to perform them, to structure your mornings. Activities could include meditating, journaling, having breakfast, doing some stretches or mindful movement, reading or listening to a podcast, drinking water, spending time with a loved one, getting ready...

WAKE UP



START MY DAY



# Mood tracker

Can you spot any patterns in your mood that could be affected by your current habits – either positively or negatively? Or perhaps use this as a space to see how your mood changes as you actively work on new routines. This could be a great way to maintain motivation!

**Key:** Use a colour to represent each emotion



Calm



Hopeful



Restless



Happy



Anxious



Sad



Energised



Tired



Frustrated

The mood tracker consists of four rows of numbered boxes, each with a colored clip attached to the top. The boxes are arranged in a staggered pattern across the rows. The colors of the clips are: Row 1: 1 (teal), 2 (pink), 3 (light blue), 4 (yellow), 5 (pink), 6 (yellow), 7 (orange). Row 2: 8 (light blue), 9 (orange), 10 (teal), 11 (pink), 12 (orange), 13 (light blue), 14 (teal). Row 3: 15 (yellow), 16 (pink), 17 (light blue), 18 (pink), 19 (teal), 20 (yellow), 21 (light blue). Row 4: 22 (orange), 23 (yellow), 24 (teal), 25 (light blue), 26 (orange), 27 (teal), 28 (pink).

# Tidy house, tidy mind

Create your own cleaning schedule to declutter your home, and enable you to thrive in your space, without the distractions or pressures of a mounting to-do list.

Daily



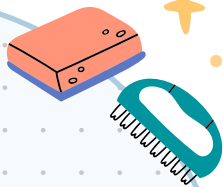
Weekly



Bi-weekly

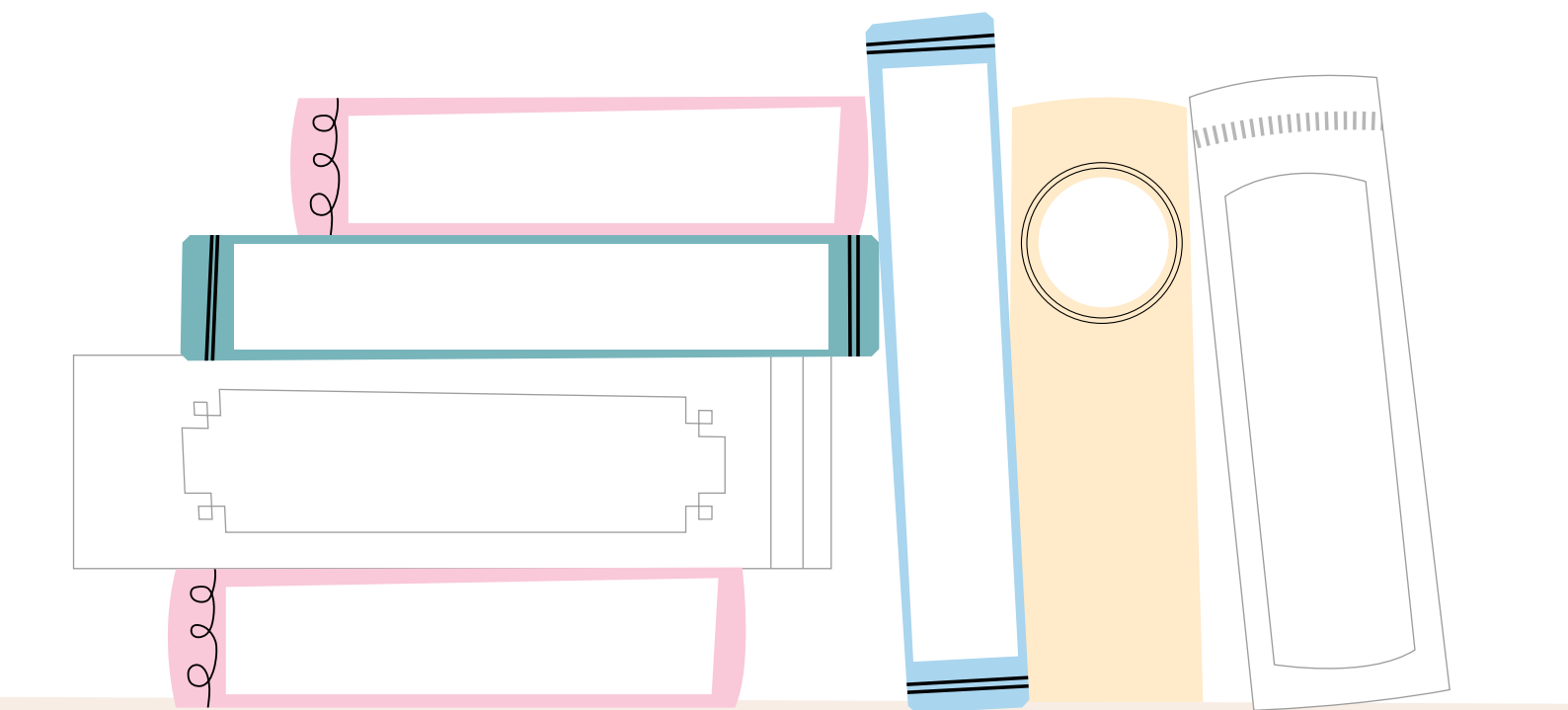
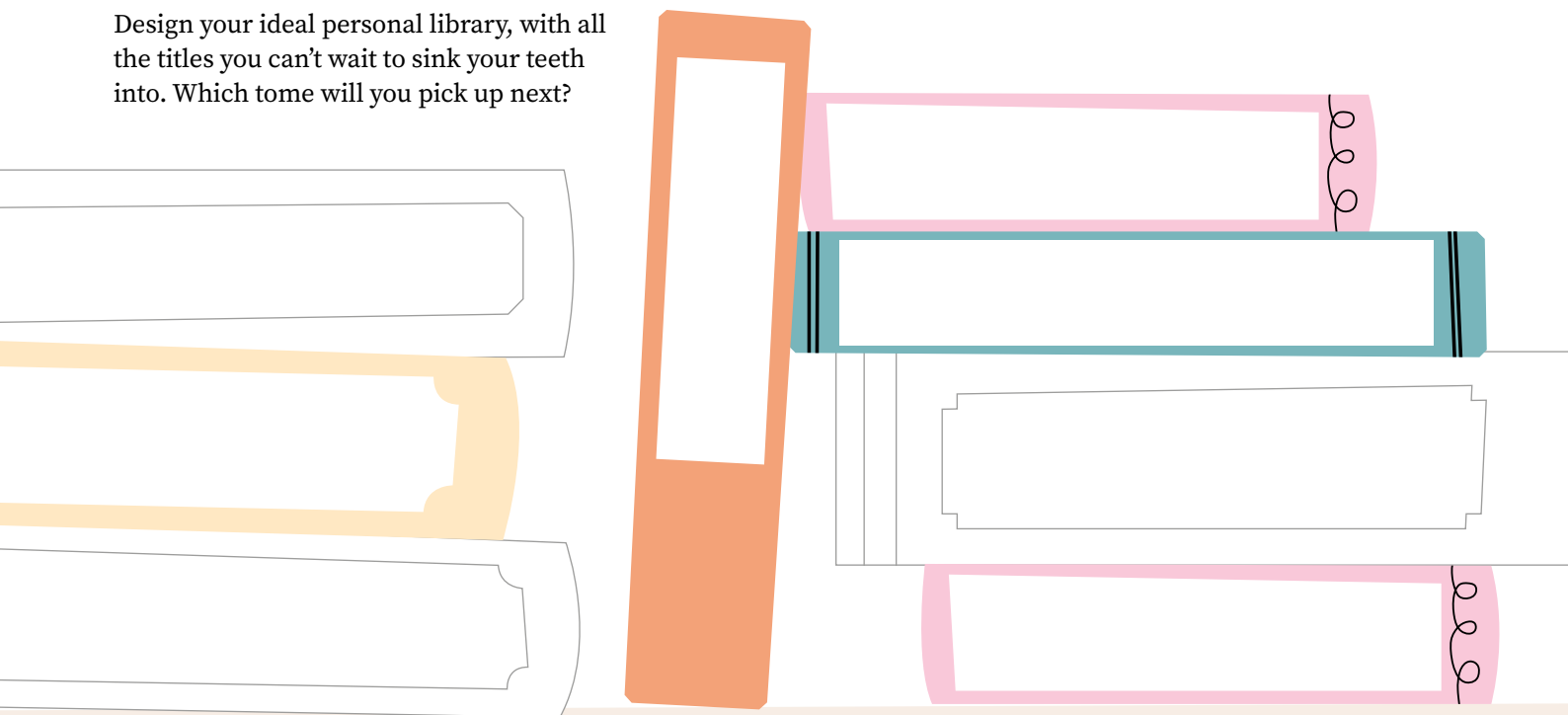


Monthly



# Books to read

Design your ideal personal library, with all the titles you can't wait to sink your teeth into. Which tome will you pick up next?



# Stay on track

Use this space to gather your thoughts about the bigger picture and long-term vision for why you want to adjust your habits. This can help you stay focused, and give you that motivation boost on days where you're struggling.

To do

Goals

Rewards

When I need motivation

# Habit tracker

It's time to put your plans in motion. Use each row of this wheel to note a habit you're working on for the next month, and record your progress through each day/spoke. Can you roll with it?

A circular habit tracker wheel designed for monthly use. The wheel features 31 spokes, each labeled with a day of the month from 1 to 31, arranged in a clockwise direction starting from the top. There are four concentric rings within the wheel, providing space to track progress for up to four different habits. The center of the wheel is a solid light gray circle. The entire wheel is surrounded by various decorative illustrations, including a blue water bottle, a rolled-up blue mat, a blue folder with a smiley face, a brown cardboard box, a branch with orange leaves, two lit candles, a bowl of cereal, a box of cereal, a branch with pink flowers, a pair of yellow headphones, a hand writing on a notepad, a branch with green leaves, a blue folder with a list, and several small orange starburst shapes.