



THE TOP 12
Healthy
LIFESTYLE
Habits

HEALTHY *lifestyle* HABITS

A habit is simply a learned behaviour that has been repeated so many times, it has become something we do without thinking - whether it is good or bad. We can make significant progress in our journey to lose weight and improve health by making a conscious effort to retrain our brains and reset our behaviours.

Use this coaching tool to identify and create new behaviours which will, through repetition, become new, much improved habits. Eventually these new habits will turn into unconscious new behaviours - essential for maintaining long term success.

TICK THE HABITS YOU WANT TO MAKE... OR BREAK.

LIFESTYLE BALANCE

Ensure you have a good balance between work and play! We have forgotten to build enjoyment and fun in as work takes priority.

REWARD

Reward yourself every week and take time out for yourself every day. Even if it's only 10 minutes.

SWEET HABITS

Many people have formed a habit of eating sweet foods for comfort. Think of other, more positive ways to take care of yourself and give yourself what you really need in these instances.

RESPOND DIFFERENTLY

If you've had a 'bad food day', don't beat yourself up about it. Just forgive yourself, think about what you can do differently next time, and then get yourself back on track. You are making positive changes by following this programme, so be proud of these efforts.

HEALTHY *lifestyle* HABITS

ME TIME

Do something 'just for you' every single day. Book it into your diary and don't miss it - even if it's just for 5 minutes.

UNHELPFUL TRIGGERS

Notice any unhelpful triggers about when you eat. Use your hunger as a guide - not the clocks, or what other people are doing.

NO TIME TO BE HEALTHIER?

If this is one of your common excuses for not achieving your goals, challenge yourself: is it really true? Where do you waste time? Where do you have gaps?

RELAXATION

Just 5 minutes a day can make a significant improvement to your health and feelings of wellbeing.

LESS TV

The average person spends the equivalent of 17 years in front of the TV in their lifetime! Think about how much healthier you could be if you just spend half an hour more each day doing something else instead of watching TV.

SUPPORT NETWORK

Ensure you have a strong support network around you: friends, family and professionals.

HEALTHY *lifestyle* HABITS

FOCUS ON THE POSITIVE

Think of a couple of positive phrases / affirmations that motivate and support you, and repeat them everyday.

ACHIEVEMENTS

Before going to sleep, think about one thing you've achieved that day. Remember the good thing you achieved upon waking. This will set you up for the day!

Which of these habits would you like to make or break? Turn these into your weekly goals:

Top tip

To make any new behaviour an unconscious new habit you must practise, practise, practise! Any behaviour that you do not reinforce will die and you will return to the more 'well worn path'. Become addicted to something positive rather than negative.