

5-STEPS FOR POSITIVE HABIT FORMATION

01. START TINY

Don't aim for big change; anchor small actions into your day.

- Move for 5 minutes every hour
- Set a consistent bedtime
- **KEY MESSAGE:** Small wins build consistency; consistency builds results.

03. DESIGN YOUR ENVIRONMENT FOR SUCCESS

Make good habits obvious and easy. e.g.

- Set reminders to stand or move
- Keep workout clothes visible
- Charge your phone outside your bedroom
- **KEY MESSAGE:** Your environment should nudge you toward better choices.

05. FOCUS ON WHOLE OF SELF

Don't optimise one area at the expense of others.

- Balance your physical, mental & social needs
- Maintain a positive work/life balance
- **KEY MESSAGE:** Wellbeing isn't one good habit—it's an entire system.

02. TIE NEW HABITS TO EXISTING ONES

Attach new routines to things you already do. e.g.

- After you brush your teeth; take 3 slow, deep breaths
- Before your morning coffee; drink a glass of water
- **KEY MESSAGE:** Habit stacking reduces effort & supports an easier transition to new habit-formation.

04. TRACK WHAT MATTERS

Measure simple indicators to help stay motivated.

- Track how well you are implementing your new habits
- Rate the impact on your focus, energy & output
- Take a moment each week to reflect on the benefits
- **KEY MESSAGE:** Conscious acknowledgement reinforces behavioural change.