



The 5 Day Healthy Habit Challenge

Healthy Habits that lead to mental, physical, and emotional wellbeing.



THE 5 DAY HEALTHY HABIT CHALLENGE

When you are busy creating new habits to improve your life, remember that you can have a new habit for each area of your life. You don't have to be

restricted to just healthy habits or just regular daily habits. There are many different types of habits that will benefit you greatly. Healthy Habits that lead to mental, physical, and emotional wellbeing.

WHERE ARE YOU FALLING BEHIND?

Before creating your first new habit, think of where in your life you are falling behind. This doesn't mean you are an outright failure, but just an area of your life where you don't focus as much attention as the other areas of your life. Most people have at least one. This might mean you work hard, but neglect your health. Or you eat very healthy, but you have trouble saving money. Maybe you don't get enough sleep because you are always distracted at



night.

This can tell you what areas need improving first before moving on to other habits.

WHAT DO YOU COMPLAIN ABOUT THE MOST?

Another way to figure out where your new habits should start is based on what you tend to complain about. Think about the last time you complained to someone or yourself about what isn't going your way, or what isn't working in your life. Do you complain that you are always tired? What about the fact that your bills are late, or your clothes don't fit? Are you frustrated because you never have enough time to get everything done? These are good signs of where your habits should start.

CHOOSING YOUR NEW HABITS


Remember that even if you come up with a list of new habits to form in your life, you still want to start with just one at a time. Even if you have 5 small habits all for the same end result, you want to start with just one of them before moving on to the next.

How do you know it is time to develop a new habit? When the last one you created is something you don't even have to think about anymore. That is when you know you are ready for the next habit.

They aren't always something you constantly think about. It might be your cup of coffee in the morning or the way you drive to work. What you want to do now is create new habits that will further improve your health and your life

Create a Space to Focus on the Change You're Going to Make

- If this habit is to be a priority, you need to set aside some time. When will you do it? Figure out when is best for you.
- Make this a priority and set aside at least 10 minutes to do this habit – even if you're only going to do it for a minute to start with.

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- Consider this a sacred 10-minute space, which can't be violated by checking things online or other busy work. During this time, you'll only focus on your habit and these daily lessons.

Set a Trigger

- A trigger is something already in your routine that you're going to tie the habit to.
- A new habit, to become more automatic, must be bonded to a trigger. By repeating the trigger-habit sequence over and over, you create a heartbeat rhythm that becomes ingrained in your mind.
- So, before you start the habit, find a trigger that you already do each day. If you don't think you have a routine, you might write down everything you do in the morning and see if there's something on that list that you do every day.
- Some possibilities are morning coffee, opening your laptop, getting to work, taking a shower, brushing your teeth, breakfast, driving home, going to bed.
- After you've picked a trigger, write out a reminder on a piece of paper and put it near where the trigger happens e.g., near the coffeemaker if the trigger is drinking coffee.
- This reminder will be useful when you start doing the habit.

Minimum Viable Habit

- To start, I'd like you to do what I call the Minimum Viable Habit – the smallest version of the habit, which doesn't limit you to doing more, but is the bare minimum you need for success.
- For the next week or so, do the habit right after your trigger.
- But remember to keep it as simple as possible to overcome any resistance.
- As you do your habit, try to mindfully enjoy it, and then congratulate yourself on sticking to your vow!

How Can I Make This Habit Easy?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. You might want to track specific meals (just breakfasts, lunches, or dinners), or decide that journaling on paper is easier than an app for you.

Have one day off per week from completing the habit.



This is very important: *Whatever you pick, it should only take you no more than 15 minutes to complete each day.*

I WISH YOU ALL THE LUCK IN THE WORLD. BUT IF YOU FOLLOW THE CHALLENGE GUIDANCE, YOU WON'T NEED IT.

HEALTHY HABITS YOU CAN START TODAY

Do you feel like your physical or emotional health is falling behind these days? Have you created some big health-related goals you are having trouble reaching? If so, it is time to form some healthy habits. Your habits should always be formed before setting goals, as this is exactly what is going to help achieve those goals.

Here are some healthy habits you can start doing today that will make a big difference in your overall health and wellness.

WAKE UP EARLY TO EXERCISE

If you are having trouble fitting in exercise into your busy schedule, try adding it early in the morning. Yes, waking up earlier is going to be an adjustment, but you will appreciate it for the rest of the day. You are getting your workout done and out of the way early in the morning, it will boost your energy, and make you feel happier and more confident.

GET MORE FRESH AIR

This is a simple habit, right? Try to make it a point to get more fresh air each day. This might mean walking your dog instead of just letting them out in the



backyard, or enjoying your lunch outside each day while you are at work. Play with your kids outside and go for a hike on the weekends. Do whatever it takes to get in more fresh air and sunshine.

EAT YOUR MEALS MINDFULLY

Are you having trouble sticking to a healthier diet? IF so, don't start with changing WHAT you eat, but HOW you eat. Start just by eating more mindfully. Don't use your phone and don't watch any TV while you eat. Sit at a table or desk where there aren't any other distractions, and just focus on the food you are eating.

GET ENOUGH SLEEP

This is a habit many people neglect, assuming it's not important. But sleep is much more than just not feeling tired the next day. Sleep is absolutely essential for your health and well-being. It is needed to reduce stress, feel energized, have proper focus and concentration, manage your weight and physical health, keep your cardiovascular health in check, and so much more. If you can only start one habit, it should be a better sleep routine, so you are getting better quality sleep.



HERE IS YOUR DAILY HABIT CHALLENGE

CHALLENGE DAY 1

Commit to exercising 15 minutes a day. A rebounder is a perfect at-home exercise plus this supports the lymphatic system to release toxins. But if you don't have one, just go outside and take a walk. Just figure out something you can do to get yourself moving. That's what's important.

Write down what exercises you love doing

1.

2.

3.

4.

5.



CHALLENGE DAY 2

Step out of your office for 15 minutes and get some Vitamin D. Breathe in the fresh air. If you are a work-at-home mom, take 15 minutes for yourself when the kids are napping or commit to going for a family walk.

Write down the days/times you will COMMIT!

1.

2.

3.

4.

5.

6.

7.



CHALLENGE DAY 3

Eat with Intention. Eat foods that give you energy. Eat while sitting down. Chew your food 10-20 times. Enjoy every bite.

Write down the foods that fuel you daily.

1.

2.

3.

4.

5.



CHALLENGE DAY 4

Turn off the electrics. Create a scared bedtime ritual. I love lavender in my diffuser and writing a gratitude list in my JOURNAL! :)

Write down your nighttime ritual.



CHALLENGE DAY 5

Create a daily habit calendar. They say it only takes 30 days to change a habit. Another study says it takes on average 66 days. The point is, it's not going to happen overnight. But if you stick to it, you will create healthy habits that you don't even need to think about as they will have become another component of a healthy lifestyle.

Step 1 is to create your daily schedule.

Step 2 is to put the calendar on your fridge, if you work outside your home, keep a copy in your purse or briefcase.

Step 3 is to keep to your goals.

HOW A JOURNAL CAN HELP WITH YOUR HABITS

Forming new habits is a wonderful way to improve your life, reach your goals, and have the motivation and momentum to accomplish anything you want. Tracking is a bit part of habits, as well as understanding exactly what is expected of you. This is where using a journal can come in handy.



USE YOUR JOURNAL WHEN CREATING NEW HABITS

The first way a journal is going to help you is during the beginning stages when you are deciding on the habits you want to form in your life. You can start by talking about where in your life you want to improve, or some goals you have. Maybe you come up with a few different daily habits you feel would get you closer to your goals, starting just one at a time.

Journaling before you set your habits can also help you to work out the details. You know which ones to start with, what the daily habit and schedule should be, and how it can fit into your current lifestyle.

COMBINE HABITS WITH YOUR GOALS

You will also have some habits that are related to goals you have set for yourself. These habits help you to complete tasks required for your goals, all of which can be tracked right there in your journal. It makes it a lot easier to see how things are progressing and see that you are working toward a goal. This can create a feeling of accomplishment, clarity, and awareness about how hard you are working toward something.

TRACK THE PROGRESS OF THE HABIT

Naturally, your journal will also be used to track your new habits. Remember to include the start date, what the habit is, why you are doing it, and track each day, including if you kept up with that new habit, and how it is going.



LOOK FOR WAYS TO IMPROVE THE RESULTS

If you feel like your habit isn't quite giving you the results you wanted, don't quit it just yet. Use your journal to really work out what has been going on and where you think it might be going wrong. Sometimes, it is because you were not consistent with it or not working hard enough on the new habit. In other ways, there is just one small detail about it that needs to be changed. Journaling is going to help with this from the time when you create your habits, throughout the entire tracking process.

READY TO TAKE CHARGE OF YOUR LIFE?



Learn what to eat with delicious recipes, meal plans, and tips
Learn about stress management, self-care, goal setting,
and more!

Lose weight the healthy way through mindful eating.

Achieve sustainable results with Healthy Habits!

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