

NEW HABITS

TOOL KIT

THIS TOOL KIT IS DESIGNED TO HELP YOU BUILD AND MAINTAIN HEALTHY HABITS THAT CAN ENHANCE YOUR MENTAL AND PHYSICAL WELLBEING.

STEP 1: IDENTIFY YOUR GOAL

WHAT IS THE NEW HABIT YOU WANT TO BUILD? EXAMPLE: WALK FOR 15 MINUTES EVERY MORNING.

WRITE YOUR HABIT GOAL HERE:



STEP 2: MAKE IT SPECIFIC AND MANAGEABLE

BREAK DOWN YOUR HABIT INTO SMALLER, ACTIONABLE STEPS. EXAMPLE: 1. SET AN ALARM FOR 6:30 AM. 2. PUT ON WALKING SHOES. 3. WALK AROUND THE BLOCK.

WRITE YOUR SPECIFIC STEPS HERE:

- 1.
- 2.
- 3.



STEP 3: SET A TRIGGER

IDENTIFY A CUE OR TRIGGER THAT WILL REMIND YOU TO PERFORM YOUR NEW HABIT. EXAMPLE: AS SOON AS I WAKE UP AND BRUSH MY TEETH.

WRITE YOUR TRIGGER HERE:



STEP 4: MAKE IT ENJOYABLE

CHOOSE AN ACTIVITY YOU ENJOY TO PAIR WITH YOUR NEW HABIT. EXAMPLE: LISTEN TO YOUR FAVOURITE PODCAST WHILE WALKING.

WRITE YOUR ENJOYABLE ACTIVITY HERE:



STEP 5: CREATE A ROUTINE

INCORPORATE YOUR NEW HABIT INTO YOUR DAILY ROUTINE. EXAMPLE: MORNING ROUTINE - 6:30 AM WAKE UP, 6:35 AM BRUSH TEETH, 6:40 AM WALK.

WRITE YOUR ROUTINE HERE:



STEP 6: USE POSITIVE REINFORCEMENT

DECIDE ON A REWARD FOR STICKING TO YOUR NEW HABIT. EXAMPLE: AFTER MY WALK, I'LL ENJOY A CUP OF MY FAVOURITE TEA.

WRITE YOUR REWARD HERE:



STEP 7: TRACK YOUR PROGRESS

KEEP A LOG OF YOUR PROGRESS. EXAMPLE: USE A HABIT TRACKER OR A SIMPLE CALENDAR TO MARK EACH DAY YOU COMPLETE YOUR HABIT.

TRACK YOUR PROGRESS HERE:

DATE:	HABIT COMPLETED? (YES/NO)	NOTES:



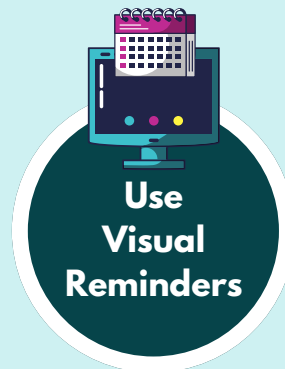
STEP 8: BE PATIENT AND PERSISTENT

UNDERSTAND THAT BUILDING NEW HABITS TAKES TIME. **BE KIND TO YOURSELF AND STAY CONSISTENT.**
WRITE A MOTIVATIONAL MESSAGE TO YOURSELF:

EMPOWER YOUR JOURNEY TO BETTER HABITS

Congratulations on taking the first step towards building new, healthy habits!

Remember, creating lasting change is a journey that requires patience, persistence, and a positive mindset. Here are a few more tips to keep you motivated:



If you ever find yourself struggling to maintain or create new habits, know that you don't have to do it alone. The **experienced psychologists** at Positive Mind Works are here to help. Our team understands the challenges that come with building new routines and is dedicated to providing personalised support and strategies tailored to your unique needs. Whether you're looking to improve your mental health or simply enhance your overall wellbeing, our psychologists can guide you on your journey. For more tips and resources, check out our blog [here](#).

Book an appointment [here](#).

Contact our friendly team:

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