



5 SIMPLE STEPS

TO A HEALTHIER YOU!

So, you want to get started and move forward with getting healthier - one of the things that you have been putting on your “to do list” for a such long time.

The thing that you keep telling yourself that you will get to “someday”. Spoiler alert: “Someday” is not a day of the week.

Is it to lose the extra pounds and stop overeating, or get moving and exercise more?

Your life is mostly on cruise control. There are daily actions that you don't think about and take you to destinations you don't want to go to.

You can turn off that cruise control and become intentional, directional, and move towards a life of feeling healthier.

You can create healthy habits.

It is all about designing your actions to start and maintain the habit.

You are in the driver's seat!

Here are 5 simple steps, with some questions to answer, to get you started and keep you going.

They will help you clarify, plan, identify the obstacles, implement strategies, evaluate and celebrate the new you.



The 5 Steps are:

- 1. Hone in on what you want, break it down and write it down.**
Be sure to pick **ONE** thing and make it specific and measurable.

EXAMPLE: Daily brisk walks for 45 minutes in the mornings.

ANSWER THIS:

Write down your goal here: *I want to* _____

- 2. Ask exactly **WHY** you want to do this and commit.**

EXAMPLE: Feel better mentally and physically, help to lose weight & be a good example for your family.

ANSWER THIS:

Why do I want this?
I want this habit because _____

Do I like my reasons for wanting to take this on? _____

Are these reasons free from fears and “shoulds”? _____

Am I willing to stay committed? Why? _____

Am I committed to making it happen even if it takes longer than anticipated? _____

(Consider something else if you are pursuing it out of fear, “shoulds” or you don’t like your reasons.)



3. Build a **PLAN** and write it out.

Make sure the PLAN has these 3 elements:

- A. **Minimum baseline** – the least amount necessary to support your goal. You can always fall back on your minimum baseline at any time to keep the habit alive and feel successful. Aim for consistency not perfection.
- B. **Ridiculously easy and do-able** steps towards establishing your habit.
- C. **Pair it with an existing habit** – find a habit you already do and make sure your new habit follows the existing habit.

EXAMPLE: Walk, at least, 5 minutes a day, right after having my morning coffee. Increase 5 minutes every week until I walk 45 minutes daily. Have the right shoes.

ANSWER THIS: My plan is: _____

4. List out the **OBSTACLES** that will come up (and they will).

EXAMPLE: Unexpected morning interruptions, rainy weather, feeling tired or too busy.

ANSWER THIS: What would get in the way of making it happen? _____

How am I willing to solve for (or work through) those obstacles? (Be creative.)



5. Take stock of what is working and what is not working, and course correct, if needed.

Evaluate at least weekly. There is no moral failing on your part here – just look to see how you can make this all work for you.

- EXAMPLE: 1) Multi-task while walking with a podcast, music, or phone call.
2) Change the time of the day when to walk, or where you walk, walk with a friend.

ANSWER THIS: How can I make this easier or more do-able?

Bonus Questions:

1. What will it cost me if I don't follow through?

2. What must you believe to keep on going?
Come up with at least 3 believable thoughts

#1. -----
#2. -----
#3. -----

3. How will you feel 6 months from now when you have this routine in your life?

