



7CORE WELLNESS

HEALTHY HABITS STARTER GUIDE

5 Step Worksheet & Accountability Calendar

We meet goals, improve our health, and optimize wellness by developing solid supporting habits. Here are 5 simple steps to start developing sustainable healthy habits. Putting pen to paper is powerful, so be sure to print off this downloadable and work through the worksheet to create your own successful plan.

HEALTHY HABITS STARTER 5 STEPS

STEP 1: Your goal. Your vision.

You may have a wellness goal in mind you would like to achieve or a vision of yourself as a healthier person. Write this down in the goal box. Make it as specific as possible.

Examples: Have a regular daily 30-minute walking routine. Lose 30 pounds. Take 15 minutes a day for self-improvement.

STEP 2: Note your why.

What is your deep reason for having this goal, for wanting to make changes? This is your why. Your why is very personal. It is deeper than "you want to be healthier," "live longer," or "not become a diabetic." Ultimately, what are you trying to gain from creating healthy habits or avoid by not remaining the same? Remembering your deep why will help you stick to your plan.

Examples: Not get short of breath when participating with my family in activities. Feel more confident presenting in front of others. Important for growth in my faith.

STEP 3: Pick 1-2 habits.

Select 1-2 habits to focus on that support your goal. The habits must be specific to your goal. Consider starting with ones you can implement quickly. Start small and build. This is about progress toward a lifetime of healthy living, not perfection or instant gratification. Implementing too many changes at once just leads to frustration and inconsistency.

Examples: Walk 10 minutes 3x/week. Eat 2 servings of veggies with lunch and dinner. Spend 5 minutes/day reading.

STEP 4: Identify challenges & create a 4-week plan.

Consider the next 4 weeks. What steps do you need to take? What preparation do you need to do to ensure the success of your habits? Identify any challenges that may prevent your habits from happening, and write down a strategy for overcoming those challenges. Also, consider what changes you need to make in your environment to make your habit easier to achieve.

Examples: Schedule non-negotiable time in my calendar to go on a walk. Plan out and shop on Sunday for lunch and dinner veggies. After I eat lunch, I will take 5 minutes for reading.

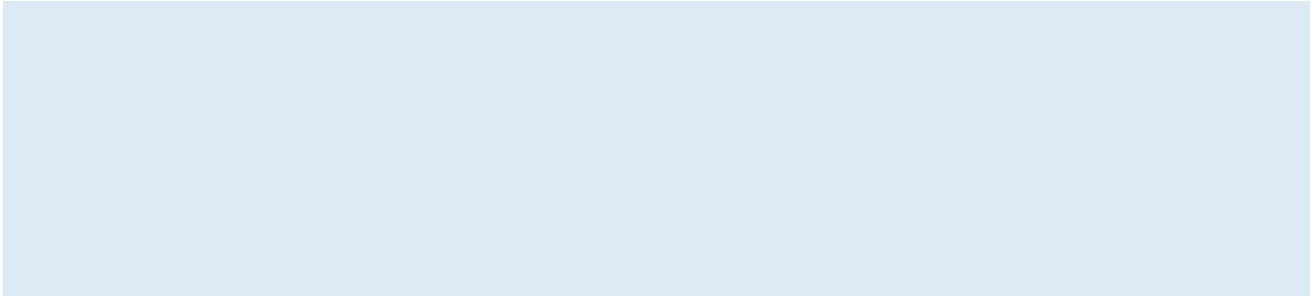
STEP 5: Mark your success.

For an accountability system, use the calendar provided to mark off all your days of success. You can also use it to note events that might get in the way of your habit (i.e. parties, dinners out, traveling). If things don't go as planned, you don't have to start from scratch. Learn from what went wrong and strive to hit the mark the next day. Every time you practice your habits, you are working on extending your chain of success.

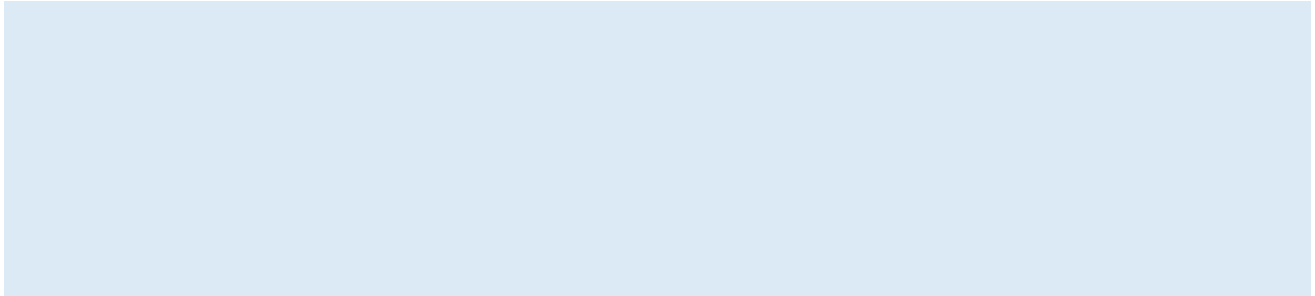
Examples: Give yourself stars for the successful days. Make a note if you overcame a particularly challenging day or if you went above and beyond your focus habit.

HEALTHY HABITS STARTER WORKSHEET

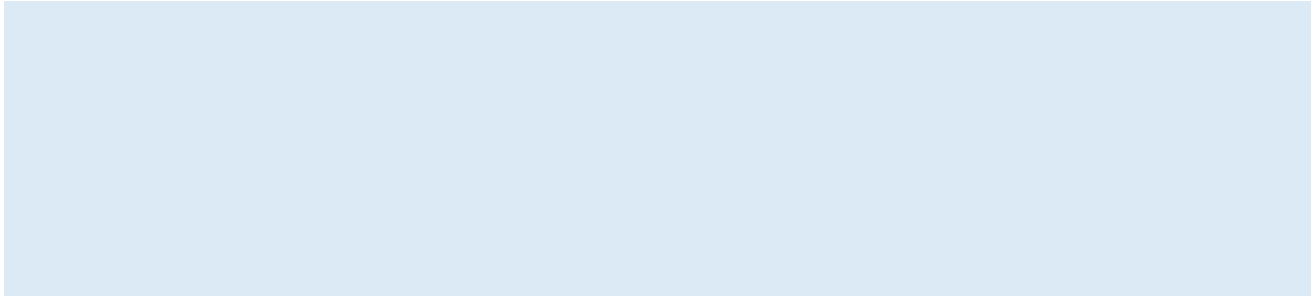
STEP 1: Your goal. Your vision.



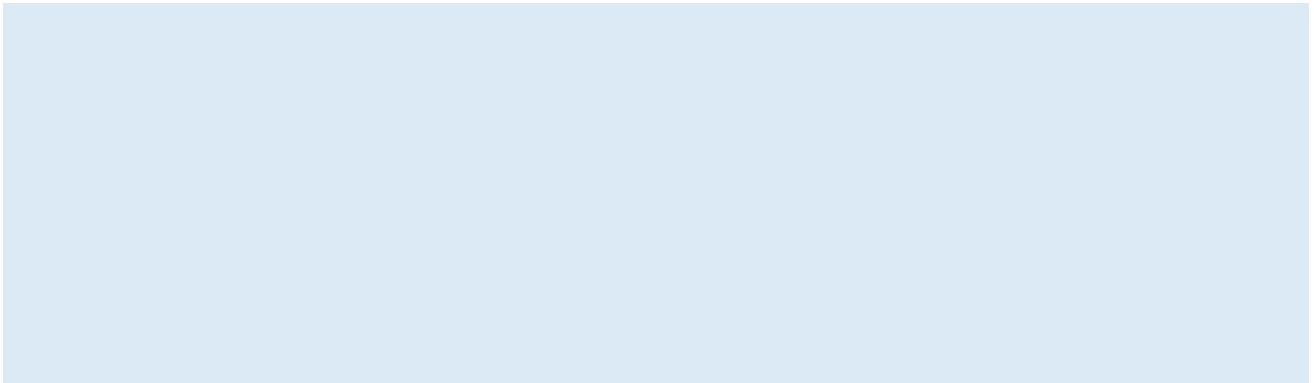
STEP 2: Note your why.



STEP 3: Pick 1-2 habits.



STEP 4: Identify challenges & create a 4-week plan.



STEP 5: Mark your success. Use the accountability calendar.

7CORE WELLNESS HEALTHY HABITS ACCOUNTABILITY CALENDAR

4 Weeks 1-2 Habits:

Your Why:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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—	—	—	—	—	—	—
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HEALTHY HABITS STARTER NEXT STEPS

Before you know it, 4 weeks have gone by and it is time to plan for the next 4 weeks.

Print off pages 3 and 4 again and game plan for another successful month.

Consider these questions when planning for the next 4 weeks:

- What was your biggest challenge?
- What went well?
- What are you most proud of?
- What would you have done differently?
- Will you continue working to make this habit more sustainable or are you ready to add a new habit?
- Who could have helped you be more accountable?

NEXT STEPS: Your notes.

A healthy lifestyle is an ongoing process. With practice and consistency, it will become more routine and your natural desire for healthy habits will increase. A year from now, you could either look back and regret never making changes or be proud of the progress you made.

Share your calendar and your progress.
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