Creating Healthy HABITS

Creating new habits can be challenging, but with the right approach, healthy habits can seamlessly become part of your routine. Discover effective strategies to start fostering new habits today.

Start Small: Begin with a habit that is easy to achieve. This helps build confidence and momentum. For example, if you're wanting to improve your dental hygiene, start with a goal of flossing at least 3 times a week.

Be Consistent: Aim to perform the new habit at the same time and same place each day. Consistency helps reinforce the new behavior.

Set Clear Goals: Define what you want to achieve and break it down into manageable steps. If your goal is to exercise more, make it more specific: I will walk for 20 minutes 3 days a week.

Use Triggers: Integrate your new habit into an existing routine. For example, if you aim to start meditating every morning, pair it with your morning coffee.

Stay Patient: Developing a new habit requires time and patience. Be kind to yourself and don't let setbacks discourage you. If you encounter a setback, simply start again.

Reward Yourself: Give yourself a small reward when you stick to your habit. This creates a positive association with the new habit you're creating. If you complete your exercise goal for two weeks, treat yourself to a visit to your favorite lunch spot or bookstore.

On average, research suggests it takes about 66 days for a new behavior to become automatic. However, this can range from 18 to 254 days, so it's important to be patient and consistent.