

YOUR 2026 SUSTAINABLE CHANGE GUIDE

Simple Swaps for Lasting Results

The tortoise always beats the hare.

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The Secret to Change That Actually Lasts

We've all been there.

January 1st arrives and we're ready to transform. New year, new me. This time will be different.

But by mid-January? The motivation fades. Life gets busy. And we're back to old patterns—feeling like we've failed.

Here's the truth: You haven't failed. The approach has.

Dramatic overhauls rarely stick. But small, sustainable swaps? They add up. They become automatic. They change your life without overwhelming it.

The goal isn't perfection. It's sustainability.

This guide gives you simple swaps you can start today. Pick ONE. Let it become a habit. Then add another.

Slow and steady wins. Every time. 🐢



MOVEMENT & EXERCISE

❌ **Instead of:** "I'll go to the gym every day"

✅ **Try this:** Commit to once a week—and actually go

❌ **Instead of:** Hour-long workouts you dread

✅ **Try this:** 10-minute walks you'll actually do

❌ **Instead of:** Punishing exercise to "make up" for eating

✅ **Try this:** Movement that feels good—dancing, swimming, stretching, gardening

📋 💡 **Quick Win:** Add a 2-minute stretch when you wake up. That's it. Build from there.



FOOD & EATING

❌ **Instead of:** "I'm cutting out sugar/carbs/gluten forever"

✅ **Try this:** Swap ONE thing this week (e.g., afternoon biscuits → piece of fruit)

❌ **Instead of:** Skipping meals to "save calories"

✅ **Try this:** Eat regular meals with protein to stabilise energy and reduce cravings

❌ **Instead of:** Three coffees a day

✅ **Try this:** Keep your morning coffee, swap the third for herbal tea

❌ **Instead of:** Overhauling your entire diet at once

✅ **Try this:** Add ONE vegetable to your dinner plate this week

📋 💡 **Quick Win:** Wait 90 minutes after waking before your first coffee—you'll get more from it

SLEEP & REST

❌ **Instead of:** "I'll be in bed by 9pm every night from now on"

✅ **Try this:** Go to bed just 15 minutes earlier than usual

❌ **Instead of:** Scrolling your phone until you fall asleep

✅ **Try this:** Put your phone in another room and read, stretch, or chat instead

❌ **Instead of:** Eating dinner right before bed

✅ **Try this:** Finish eating 2-3 hours before sleep when possible

📋 💡 **Quick Win:** Give yourself 30 minutes of wind-down time before bed—no screens, no work

DRINKING & ALCOHOL

❌ **Instead of:** "I'm never drinking again"

✅ **Try this:** Reduce by one drink per week (or per day if drinking daily)

❌ **Instead of:** Committing to a "dry month" then overindulging after

✅ **Try this:** Alternate alcoholic drinks with sparkling water when you're out

❌ **Instead of:** Relying on willpower alone

✅ **Try this:** Find a non-alcoholic drink you genuinely enjoy as your new go-to

📋 💡 **Quick Win:** Start with one alcohol-free day per week and build from there

STRESS & MINDSET

❌ **Instead of:** "I'll meditate for an hour every morning"

✅ **Try this:** Three deep breaths before you get out of bed

❌ **Instead of:** Jumping straight from work mode to home mode

✅ **Try this:** Create a 5-minute transition ritual (change clothes, wash face, few deep breaths)

❌ **Instead of:** Trying to "just relax"

✅ **Try this:** Box breathing: 4 counts in, 4 hold, 4 out, 4 hold

📋 💡 **Quick Win:** When overwhelmed, try 5-4-3-2-1 grounding: 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste

SCREENS & DIGITAL

❌ **Instead of:** "I'm deleting all social media"

✅ **Try this:** Remove apps from your home screen so you have to search for them

❌ **Instead of:** Checking your phone first thing in the morning

✅ **Try this:** Wait until after breakfast to look at your phone

❌ **Instead of:** Having your phone at the dinner table

✅ **Try this:** Create one phone-free zone or meal per day



Quick Win: Turn on blue light filters after sunset—your sleep will thank you

YOUR 2026 ACTION PLAN

Step 1: CHOOSE YOUR STARTING POINT

Which area resonated most with you? Circle it.

Drinking & Alcohol

Sleep & Rest

Movement & Exercise

Stress & Mindset

Food & Eating

Screens & Digital

Step 2: PICK ONE SMALL SWAP

Choose just ONE swap from that section to try for 2 weeks.

My swap: _____

Step 3: MAKE IT AUTOMATIC

Let it become a habit before adding anything else. Seriously. Just one thing.

READY TO MAKE 2026 YOUR YEAR OF SUSTAINABLE CHANGE?

REMEMBER

🐢 Small sustainable changes beat dramatic overhauls you abandon

🐢 The tortoise always wins

🐢 Progress, not perfection

🐢 You don't have to change everything. You just have to begin.

Complimentary discovery calls are available to help you identify which areas need attention first for your unique situation.

Sometimes we need a little extra support to figure out where to start—or what might be getting in the way of our energy, motivation, and follow-through.

[Book your call HERE](#)



IMPORTANT INFORMATION

The information in this guide is for general educational purposes only and is not intended to replace individual medical advice. Always consult with your healthcare provider before making significant changes to your health routine, particularly if you have existing health conditions or are taking medications. These strategies are evidence-based wellness techniques designed to work alongside, not replace, professional medical care.

Individual results may vary. What works for one person may not work for another—which is why starting small and paying attention to how YOUR body responds is so important.