

# 3 Power Habits for Wellness

Habits have an automatic feel.

Change the language from "good and bad" to productive and unproductive.

Keystone Habits - create momentum for other habits

## Pause

- Hustle society
  - Body's sympathetic system on high alert increases stress and cortisol
- Increases productivity and focus
- Try: breathe; eat without doing anything else

## Sleep

- Tired = crave carbs (ghrelin hormone)
- Better focus, less impulsive, more patient
- Try: Rate your quality. Monitor your resting heart rate,

## Consistency

- Takes practice over a long period of time
- "Practice Makes Progress"
- Try: Pair one with the habit you want to change.



Recommended Book: Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear