



Healthy Habits Planner

Maintaining balance and setting up habits helps build resilience.

- Exercise
- Eating Habits
- Sleep

A little bit of planning can go a long way for building healthy habits.

Maintaining a solid routine can help ensure that you incorporate healthy practices into your life, which can build resilience. It's not always about setting aside extra time, sometimes it's about taking the time you have and using it wisely.

Gretchen Rubin's book, [Better than Before](#), outlines several strategies for building habits – based on individual tendencies and preferences. She outlines how people can leverage individuality to build habits that work for them.

A little bit of planning can go a long way. Sometimes, we get overwhelmed by the amount of things we have to accomplish. Setting aside a few minutes to craft a plan with attainable goals can save the headaches later. Try taking 20 minutes every Sunday to plan out your week, and see how it goes. Flexibility is key, so be sure to bring awareness to what's working and what's not as you figure out the best way to build your own healthy habits.

A little bit of psychology can help too. Maybe set up a reward for yourself as positive reinforcement for your healthy habit.



Habit Planner

Habit Planner: Choose one activity per day to get you closer to forming a habit. Remember, healthy habits don't have to add time to your day.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Habit Planner

Habit Planner: Reflect on what might help you build success as you incorporate healthy habits.

What time of day do I have the most energy?

What activities do I enjoy the most?

What activities do I enjoy the least? Can I pair something I don't enjoy with something I do enjoy?

How can I reward myself for completing an activity?

How can I track my success or progress?



Habit Planner

Habit Planner: Setting goals and prioritizing can help you build success one step at a time.

What's one quick and small thing I can start doing right away?

What are my top 3 goals? Are they SMART goals (specific, measurable, attainable, realistic and timebound)?

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Which goal should I start first? Why is it most important?

Can I find an accountability partner or post my progress on social media?