

15 Coaching Strategies to Build Better Habits

Building positive habits in both your personal and professional lives is a great way to create the life you want however it can be difficult to maintain them, especially in the long-term. Fortunately, there are plenty of strategies you can incorporate to help establish good habits.

Try these 15 strategies to build better habits:

- Set daily, achievable goals
- Learn from others and apply their strategies to your own life
- Create positive mantras and reminders
- Figure out and connect to your WHY
- Build in breaks
- Keep your goals in plain sight
- Be kind to yourself
- Identify your old patterns and triggers and work to change them
- Enlist the help of a coach to keep you accountable
- Create an “If-Then” plan (If I do “x,” then I will accomplish “y”)
- Pair an existing habit with a new habit to create change (working out = existing habit, eating healthy = new habit)
- Measure and track your progress every day
- Develop self-discipline
- Schedule it in your calendar
- Accept that change must happen



Provided by Misti Graham, inspHERation® Women's Life Coach

inspHERationlifecoaching.com

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