

# Habits for Life

One habit at a time, one month at a time

## Set a Goal and Stick to It for 30 Days

Goals such as “I will lose weight” do not help you make specific changes. Make goals that put your efforts into action, like these examples:

“I will walk briskly 2 times during the week and once on the weekend for 30 minutes.”

(Not: “I will exercise more.”)

“I will limit myself to 3 small drinks (12 ounces or less) of any sugary drink per week.”

(Not: “I will cut back on soda.”)

**Write down 1 goal that you will be dedicated to for the next 30 days.**

*Be specific about actions, time, etc - and be realistic!!*

## Celebrate or Trouble Shoot Weekly

**Write down how well you stuck to your goal this week. What did you do really well?**

To stay motivated long-term, reward yourself if you stuck to your goal this week.

Do you deserve a movie night? How about \$5 added to a “Reward \$ Jar”?

**-OR -**

**Write down anything that stopped you from sticking to this goal.**

Write down exactly what you will change so that you will start sticking to this goal this week.

## Keep Moving Forward

Keep this goal going, and add another goal when you are ready.

If you get off track, jump back in and get back to your healthy habits. Remember, these habits are for life. There is no finish line – enjoy the journey!