Healthy Habits 4 LiFE

TIP SHEET

# Change Your Habits

## Ready to Build Healthy Habits? Let's Get Started!

Changing your lifestyle can feel like a big challenge, but you can do it—and many others have too! Just like you learned how to ride a bike or read a book, you can also learn healthy habits that help you feel your best.

The habits you decide to change are up to you—and your support team (like your family, friends, or healthcare providers) can help you along the way. Here's a simple step-by-step guide to get you going:

## How to Build a New Healthy Habit:

1. **Pick a habit you feel ready to change.**
   Start with something small and manageable. For example, maybe you're not ready to exercise five days a week—but you're ready to cut back on sugary drinks. That's a great place to start!

2. **Set a goal that feels realistic.**
   Example: "I want to cut back on sweet drinks."

3. **Make a simple, specific plan.**
   The clearer, the better!
   Example: "I'll drink plain milk instead of chocolate milk at lunch, and switch to sugar-free iced tea at dinner. I'll start tomorrow!"

4. **Set yourself up for success.**
   Make your environment work for you.
   Example: Remove sugary drinks from home, and stock up on healthier options.

5. **Get support from friends, family, or your healthcare team.**
   Ask for their help!
   Example: "Grandma, can we have unsweetened iced tea at dinner?" or "Hey Ava, can you remind me to pick plain milk at lunch?"

6. **Plan for obstacles.**
   Think ahead about what might make it hard—and have a backup plan.
   Example: "If I'm at a friend's house, I'll bring my own drinks or choose water."

7. **Track your progress.**
   Write it down, keep a log, record your progress, or use an app—whatever works for you.

8. **Don't get discouraged!**
   Everyone slips up sometimes. That's normal. Just start fresh the next day and keep going!

9. **Celebrate your wins!**
   Give yourself a healthy reward when you stick to your plan. Every step counts!

**Remember, building new habits takes time and practice. Be patient with yourself, stay positive, and keep moving forward. You've got this!**