

Changing Habits

Making changes in our lives often is extremely daunting. We set lofty goals and attempt to change everything at the same time. Quickly we feel overwhelmed and start losing traction. Often if we find we fail at lunch we scratch the entire day as a failure..

Let's change the narrative and our mindset from perfection to making daily progress. Instead let's make small lasting changes that help us improve a little every single day. Soon all the micro changes add up to the improvements we are seeking.



Zoom out... where do you want to go? Do you want to be a healthy person -then train like a healthy person and do things that healthy people do. As you pick habits and activities to try- ask if they are moving you toward this goal of becoming healthy? If I am a healthy person would I choose the ding dong or the apple? If I am an healthy person would I choose doom scrolling late into the night or do a quick stretch before climbing in bed? We can change our habits by choosing to be the person we want to be.



Making our new behaviors moving toward our goals is much easier and more rewarding than restricting a behavior. Maybe your goal is to watch less tv. Insteadn of stewing over missing you can fill your time with something that may serve you better. Perhaps read a book, go to lunch with a friend or take a quick hike. Automatically you are watching less tv and filling your time with a pleasurable activity.

Simplify the Details

How do I pick my new habits? Set yourself up for success by keeping it simple. What is the easiest possible thing I can do and still be successful and moving toward my goal. If my new goal is to go to the gym regularly... maybe step one becomes drive to the gym on Thursday afternoon, walk in and say hello, and then

head home. We are building the strong habit of going to the gym, getting on the treadmill or lifting a weight will come next.

Try one of these patterns to start.

	How it Works?	For Example?
Make it Obvious	Environment matters. Where and When do you add a habit?	I will floss right after I brush my teeth.
Make It Attractive	Culture and Tribe matter. Put yourself in situations where desired outcomes and activities are normal.	Join a group that runs. Being around runners makes it easier to run. You are a now a runner!
Make It Easy	Reduce friction to make good behavior as easy as possible. Simultaneously increase friction for bad behaviors.	Have chopped veggies ready to eat in fridge for quick snack. Put salty snacks on top shelf of pantry needing a chair to access.
Make It Satisfying	Reinforcement. Immediately reward yourself for completion. Increase the odds you will repeat.	Use a habit tracker. Check off success and work towards streaks. Clear evidence of progress.

Give it a try for at least two weeks. Did it work? Add another task. Not so great? Reevaluate, simplify further, or try a new direction.

Investigate Further

Meet the Coach Teresa

I help aspiring adults make meaningful changes to improve their overall health, enabling them to move confidently and enjoy an active lifestyle.

Let's find a way together to eat better, move more, and recover fully.

Atomic Habits

Author James Clear

Dig into the details and follow the 4 Laws to change habits. "Your first task is find what feels effortless. Your second task is to put maximum effort into it."



Envision Personal Training
 teresa@envision-pt.com
 801-510-7294