

9 Simple Steps to Create & Sustain Healthy Habits

Starting and maintaining new habits can be hard. So, let's make this process as practical as possible. If you are looking to start new healthy habits that support your goals, use the following steps to create your roadmap to success.

01

Identify your goals and be specific.

Examples: lose 10 lbs., reduce your blood pressure by 10 mmHg, increase your muscle mass by 5%. What's your measurable goal?

02

Make your goals "heart-tingly."

People most likely to achieve and sustain their surface-level goals generate commitment by understanding the real reason behind them. For example, instead of simply "being able to leg press 300 lbs," you might want to be able to leg press 300 lbs so that you avoid falling and becoming dependent and fragile like your mom or dad. Now, that's heart-tingly!

03

Determine existing habits that impede progress to your goals.

Examples: watching TV for hours after work, eating dessert. What habits are getting in your way?

04

Break the cues and change the environment that promotes those habits.

If late-night snacking is an issue, eliminate snack foods from your home and don't replace them. What cues can you remove? What changes can you make to your environment?

05

Identify habits that support your goals.

Examples: strength training, eating more protein.



06

Create cues and environments to support those habits.

Buy protein powder and leave it on your kitchen counter. Leave gym shoes at work or by your front door. Set an alarm earlier to leave time for exercise. What will help you stay on track?

07

Choose methods for self-monitoring and a frequency for how often you'll use those methods.

Weigh yourself every Friday. Keep a daily food or exercise log. Track your protein consumption in an app. What's a sustainable practice you can implement?

08

Set specific micro-goals for your habits.

Strength train twice a week. Eat at least 100 grams of protein per day. Eat at least four servings of fruits and vegetables per day. What micro-goals will you set?

09

Share your goals with an accountability partner and get started on your habits and self-monitoring approaches!

Who can help you stay on track?

Recommended Reading

If you love to learn by reading, check out some of our staff's favorite books about sustainable behavior change and healthy habits below. After all, reading books is a healthy habit...

- The 7 Habits of Highly Effective People by Stephen Covey
- Indistractable by Nir Eyal
- Atomic Habits by James Clear
- The Power of Habit by Charles Duhigg
- The One Thing by Gary Keller and Jay Papasan



When you combine The Perfect Workout's signature slow-motion strength training with our lifestyle and nutrition coaching, you can expect to be supported 1-on-1 through each of these steps.

If you're not already a member of The Perfect Workout, we encourage you to Book a FREE introductory session to immediately get support, accountability and a roadmap to reaching your goals.



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