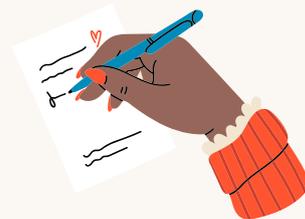
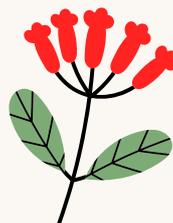


# Build



# habits



# Get into the habit

Whether you want to create a healthier routine, or cut back on some negative patterns you've fallen into, really considering your habits, and whether they are serving you, can be a great first step.

Use the exercise below to tune-in to different areas of your life, shading in the satisfaction scale based on how pleased you are with those elements, and then take the time to reflect on either behaviours and actions you want to change, or new habits you'd like to form to improve this.

## Top tips!

- **Try not to change too many things at once.** This can help your focus and prevent you from feeling overwhelmed.
- **Forming a new habit takes time;** try not to be discouraged if things don't progress as quickly as you hoped.
- **Repetition is key,** so keep in mind what you're working towards, and why you're doing this.
- **Remember the bigger picture:** a habit is about changing your lifestyle for the long-term.

Sleep

1 ○ ○ ○ ○  
○ ○ ○ ○ 10

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Wellbeing

1 ○ ○ ○ ○  
○ ○ ○ ○ 10

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Movement

1 ○ ○ ○ ○  
○ ○ ○ ○ 10

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Relationships

1 ○ ○ ○ ○  
○ ○ ○ ○ 10

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Personal development

1 ○ ○ ○ ○  
○ ○ ○ ○ 10

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Self-care

1 ○ ○ ○ ○  
○ ○ ○ ○ 10

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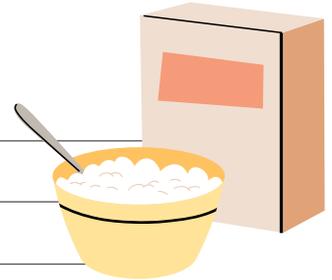
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# My ideal morning routine

Create your dream routine for how you begin each day by adding in healthy habits you want to include, and the times to perform them, to structure your mornings. Activities could include meditating, journaling, having breakfast, doing some stretches or mindful movement, reading or listening to a podcast, drinking water, spending time with a loved one, getting ready...

WAKE UP



START MY DAY



# Mood tracker

Can you spot any patterns in your mood that could be affected by your current habits – either positively or negatively? Or perhaps use this as a space to see how your mood changes as you actively work on new routines. This could be a great way to maintain motivation!

**Key:** Use a colour to represent each emotion

- |                          |           |                          |         |                          |            |
|--------------------------|-----------|--------------------------|---------|--------------------------|------------|
| <input type="checkbox"/> | Calm      | <input type="checkbox"/> | Hopeful | <input type="checkbox"/> | Restless   |
| <input type="checkbox"/> | Happy     | <input type="checkbox"/> | Anxious | <input type="checkbox"/> | Sad        |
| <input type="checkbox"/> | Energised | <input type="checkbox"/> | Tired   | <input type="checkbox"/> | Frustrated |



# Tidy house, tidy mind

Create your own cleaning schedule to declutter your home, and enable you to thrive in your space, without the distractions or pressures of a mounting to-do list.



Weekly

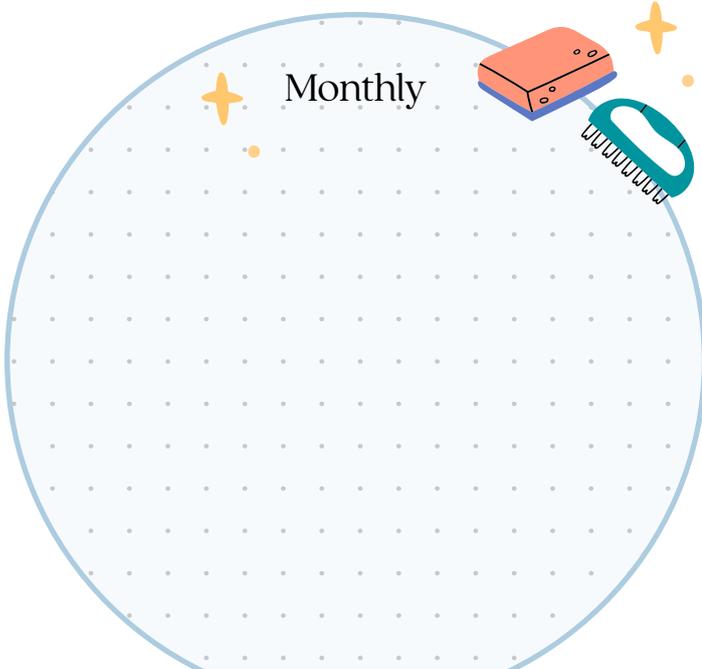
Daily



Bi-weekly

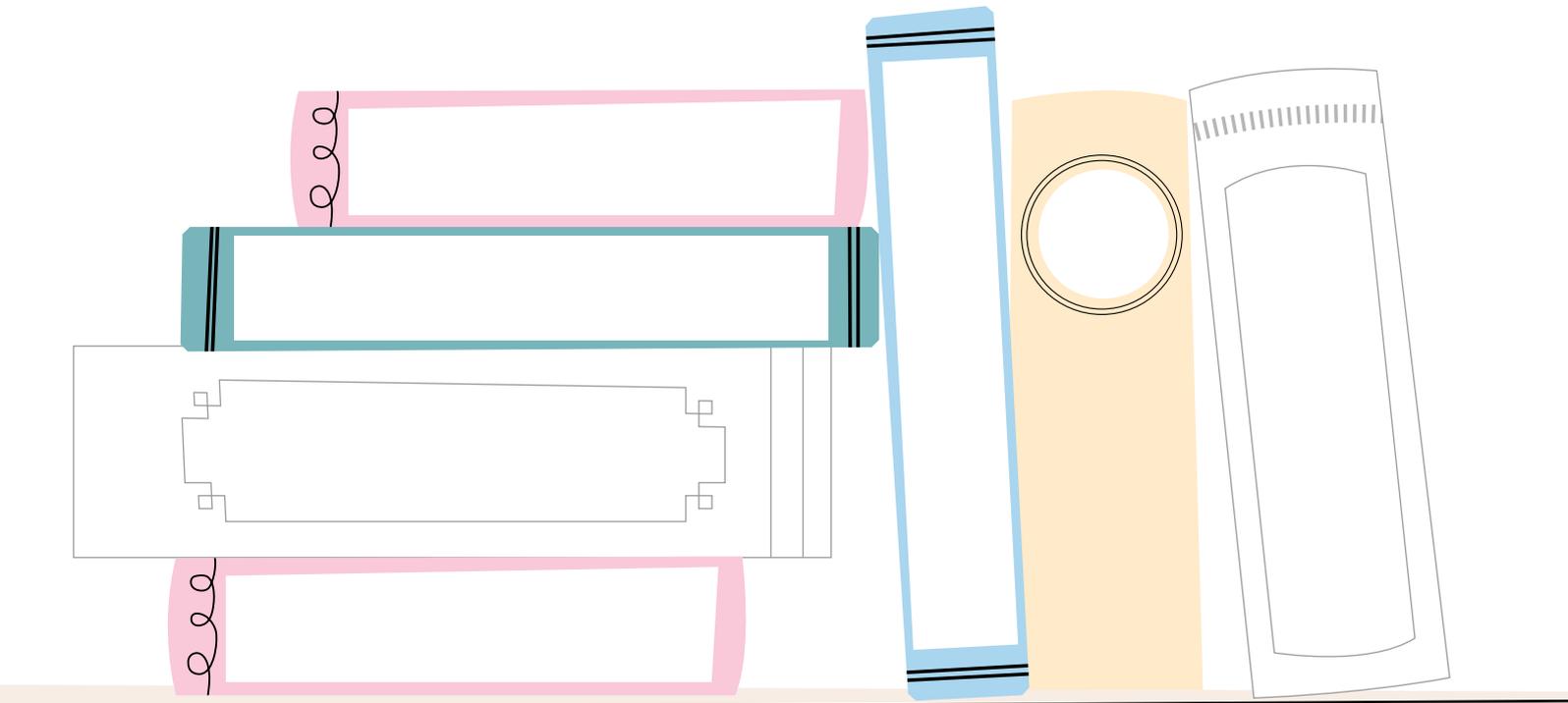
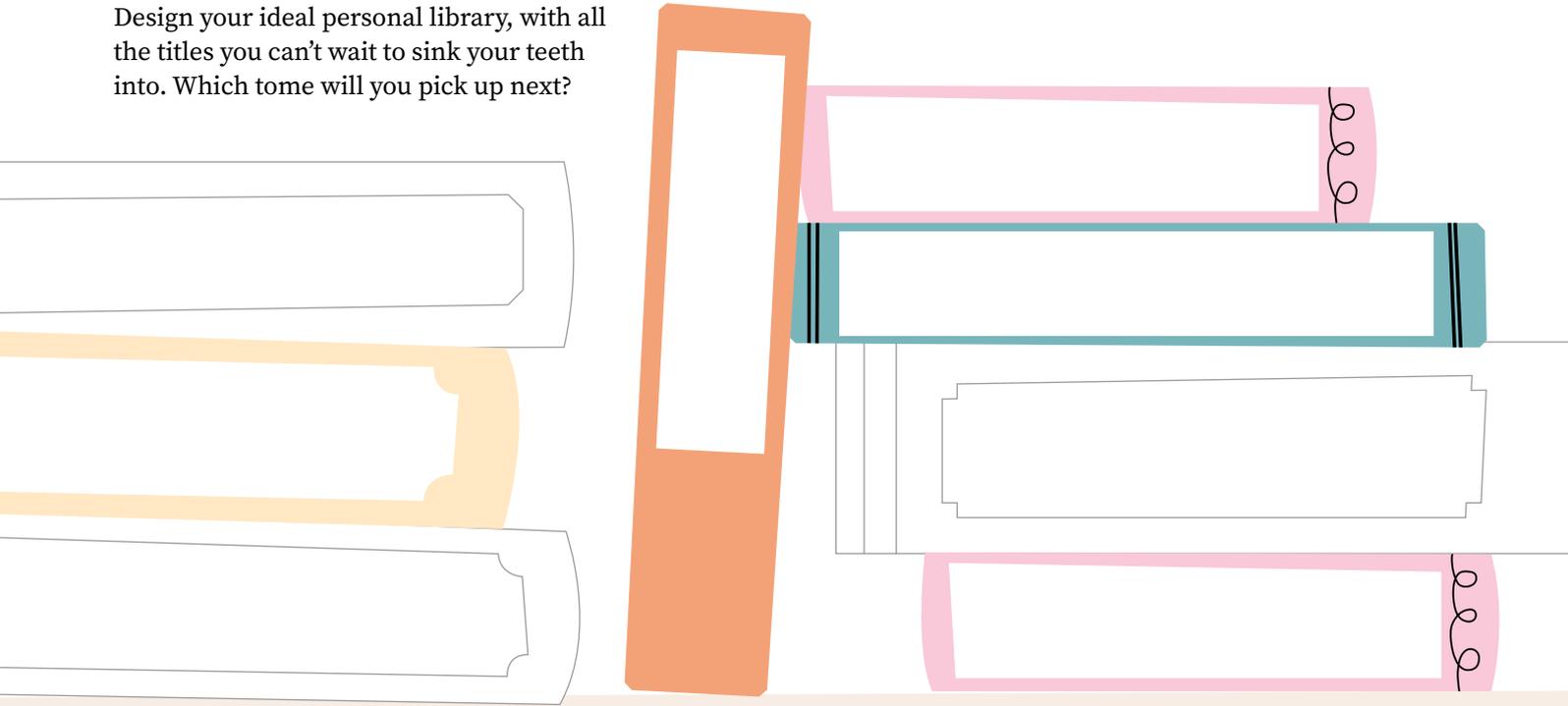


Monthly



# Books to read

Design your ideal personal library, with all the titles you can't wait to sink your teeth into. Which tome will you pick up next?



# Stay on track

Use this space to gather your thoughts about the bigger picture and long-term vision for why you want to adjust your habits. This can help you stay focused, and give you that motivation boost on days where you're struggling.

The image features four overlapping cards with dotted patterns, each with a distinct header and decorative elements:

- To do:** An orange card with a purple header. It has a blue smiley face icon on its right side.
- Goals:** A light blue card with an orange header.
- Rewards:** A light purple card with an orange header. It has a teal list icon on its left side and a yellow list icon below it.
- When I need motivation:** A pink header on a white dotted background. It has a blue heart icon on its right side.

# Habit tracker

It's time to put your plans in motion. Use each row of this wheel to note a habit you're working on for the next month, and record your progress through each day/spoke. Can you roll with it?

A circular habit tracker wheel with 31 days and 5 habit rows. The days are numbered 1 through 31 around the perimeter. The wheel is divided into 5 concentric rings, each representing a habit. The center of the wheel is a solid light gray circle.

Day	Habit 1	Habit 2	Habit 3	Habit 4	Habit 5
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
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29					
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31					

