

Healthy Habits Program



Create the habits that will get you to your goal.

This program, which spans from 9 to 12 weeks, is designed to assist you in achieving your goal. It is founded on the average time it takes for an action to establish a neural pathway and evolve into an automatic habit, which is approximately 60 days. However, the program's duration may vary depending on the complexity of your goal and your individual circumstances, potentially making it shorter or longer than the average timeframe.

We'll start by using the SMART goal framework to make your goal clear and achievable. Then, we'll break that goal into smaller, manageable habits using the SMART habit framework. To support your progress, we'll identify the specific actions you need to take and use tools like habit trackers, journaling, accountability and insightful interviews.

In our first session, we'll review the information you've provided in your intake forms and establish your goal(s). Afterward, we'll delve into your past experiences with this goal – what has worked and what hasn't. We'll also explore your beliefs about this goal and whether they align with your sense of self. Additionally, we'll anticipate potential obstacles that might come your way and strategize on how to deal with them effectively.

Here is an example of the **SMART goal** framework:

Goal: I would like to improve my sleep quality and have improved daytime energy.

Specific: I will walk outside every morning, for a minimum of 10 minutes, within 30 minutes of waking up for that day.

Measurable: I will use a fitness tracker, smartphone app or calendar to record when I complete my walking. I will maintain a journal to note environmental and personal factors that contributed to the walking goal.

Achievable: I will look ahead at my schedule for the week to set realistic daily walking goals that are consistent with my time constraints and physical abilities. I will have a backup plan for when uncontrollable situations inhibit my walking goal (weather, illness).

Relevant: Morning walks contribute to overall health by promoting physical activity and exposure to natural light which then improve sleep quality and daytime energy.

Time-bound: I will start walking tomorrow morning and will achieve 80% of the days with a walk at the end of 90 days.



Here is an example of the **SMART habit** framework:

Habit: I will walk outside every morning.

Start Small (what is just one action step): I will walk every morning for 10 minutes.

Make a plan (what is going to cue me to do this): I will begin my walk 15 minutes after eating a light breakfast.

Add (what can I place in my environment to make this easier): I will have my walking clothes, head phones and water bottle set out the night before. I will have my tracking system in view as well (calendar on table, app reminder on phone).

Remove (what can I remove from my environment to make this easier): I will remove unnecessary activities in the morning until my walk is complete (I will not go on my email or social media).

Track and tweak (what is not working and what to try next): Every Sunday I will review my weekly tracking and journaling and adjust the next week's schedule (waiting till after breakfast was distracting, now I will walk as soon as I awake).



You will be astounded by the progress you achieve when you afford time and consistency the opportunity required to truly transform the core of your behaviors. The elegance of this program lies in its complete personalization, rendering it adaptable to any facet of health and wellness. Are you ready for long-lasting lifestyle changes that will lead you towards a healthier and more fulfilling life?