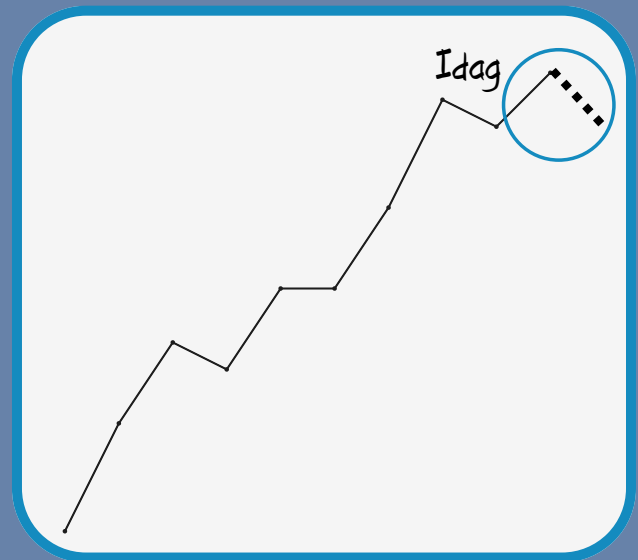


DON'T LET A BAD DAY



DISTRACT YOU FROM THE PROGRESS YOU
HAVE MADE.

JUNE

- 4 GOOD TIPS FOR CHANGING A HABIT

Changing a habit is not a linear process. There will be ups and downs along the way. It takes time to change a habit, so it's important not to let a bad day overshadow the small victories along the way.

TO CHANGE A
HABIT, YOU NEED
TO CHANGE A
ROUTINE.



4 Good Tips for Changing a Habit:

- 1 Celebrate the Small Victories**

Focus on the times when your new habit succeeds, and don't let a possible lapse or slip in your habit change cause you to abandon your goal.
- 2 Start with small changes in your habits.**

For example, if the goal is to incorporate more movement into your daily routine, start by parking a bit farther away or doing an exercise during your lunch break.
- 3 Remind yourself of your "why"**

The fundamental reason why you want to change your habit. When it becomes difficult to maintain the habit change, you can remind yourself of it by remembering your "why."
- 4 Make it visible to yourself and share it with friends, family, and colleagues.**

You can, for instance, write the change down and hang up the paper (yellow notes). Or tell the people in your life. Creating visibility fosters commitment and engagement.