

Behaviour change

- 1: Start Easy
- 2: Connect Change to existing habits
- 3: Respect your rhythm
- 4: Design your environment
- 5: Celebrate wins

Start Easy

To create new habits, the latest science shows it is essential to start easy.

Dr Chatterjee:

5 minutes a day – 3 times a day – for 5 days

Mind

Body

Heart

Connect Change to existing habits

What do you do every day that is automatic behaviour?

What could you attach to this?

Choose something that will fit with your life

What new habit could you piggyback onto something you always do without thinking?

Respect your rhythm

We all have natural daily rhythms, so more inclined to do certain things at certain times

For instance, exercise could be better done in the morning when your system is full of cortisol. Cortisol is a hormone that helps you get up and attack the day.

In the evenings, there is more melatonin in your body, so it's wise to work with this natural slowdown but doing something a little more quiet and gentle.

Design your environment

Reduce temptation in the kitchen

Create opportunities for exercise

Tweak your bedroom to help you get a good nights' sleep

Positive Self Talk

Celebrate wins

So often overlooked, but so important. Give yourself a pat on the back!

Create something visual that will remind you of your successes

Stickers on a wall chart

Ticks on a calendar

Keep daily diary or training log

Pebbles or something in a jar

Use an app

These victories will start to feel compelling and you could find yourself wanting to do more.

When this happens, you'll know the changes are starting to stick

We are what we repeatedly do.

Excellence then, is not an act, but a habit