

Mastering NEW HABITS

to reach your wellbeing goals



My Outcome Goal is...

This is your longterm 'infinite' goal, you don't need to know how to achieve this. It acts more as a guiding principle to keep orienting your life choices for greater wellbeing.

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My Milestone Goal is...

This is a more specific milestone goal you'd like to achieve that intuitively you feel will get you closer to your outcome goal. Try to make it a SMART goal: Specific, measurable, achievable, relevant to you and time bound.

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Potential Obstacles for Me to Overcome

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HYDRATION

Water before anything

- Experimenting
- Progressing
- Mastered!

SLEEP ROUTINE

Prioritise 7-9 hours in bed (without screens)

- Experimenting
- Progressing
- Mastered!

Caffeine curfew:.....

- Experimenting
- Progressing
- Mastered!

Screen time curfew:.....

- Experimenting
- Progressing
- Mastered!

YOUR MICROBIOME

Aim to eat 30+ different types of plant based foods per week

- Experimenting
- Progressing
- Mastered!

CONSCIOUS CONSUMING

At least 1 meal a day consciously consumed
Sit. Disconnect. Pause. Slow down. Chew

- Experimenting
- Progressing
- Mastered!

NUTRIENT QUALITY

+5 portions of vegetables consumed per day

- Experimenting
- Progressing
- Mastered!

NUTRIENT QUANTITY

Recognise HEC signals (hunger, energy, cravings) and upgrade choices to balance blood sugar

- Experimenting
- Progressing
- Mastered!

Rest your digestion for 12 hours per night

- Experimenting
- Progressing
- Mastered!

MOVEMENT MEDICINE

Move every 45minutes to charge cells for natural energy

- Experimenting
- Progressing
- Mastered!

Spend at least 15 active minutes outside for hormonal regulation & stress reduction

- Experimenting
- Progressing
- Mastered!

Incorporate 2 minute power breaks to improve lymphatic efficiency and productivity

- Experimenting
- Progressing
- Mastered!

HABIT DESIGN

Habit I would like to form:

I will do this by making: easier or more obvious

Habit I would like to break:

I will do this by making: harder or eliminating

EXERCISE PLANNING

Design, schedule, attempt and reflect on my weekly FITT plan

- Experimenting
- Progressing
- Mastered!

MENTAL FITNESS & MINDFULNESS

10 minutes of a mindful activity every day

- Experimenting
- Progressing
- Mastered!

PRIORITISING PERSONAL TIME

Set **ONE** personal intention every morning

- Experimenting
- Progressing
- Mastered!

Top tip: Daily **VIP** journaling: Write your **vision**, your one **intention** and your **progress** from yesterday

HAPPINESS HABITS

Practise gratitude daily

- Experimenting
- Progressing
- Mastered!

Set screen time boundaries

- Experimenting
- Progressing
- Mastered!

Make every day a MAD day (make a difference) by making other people smile

- Experimenting
- Progressing
- Mastered!

SUSTAINING OPTIMAL WELLBEING

- Book 60-90 day reviews
- Review your **GOALS** – outcome, milestone and potential obstacles
- Review subjective & objective **METRICS** that matter to you and your goals
- Review your **ROADMAP** & current capabilities - what do you need to learn or who do you need to learn from for your next level of progress?
- Review your **ACCOUNTABILITY** – who could support your next level of progress?

If you have loved being empowered by this great wellbeing tool, go to wellbeingpeople.com/recalibrate-wellbeing to find out more about our signature programme that teaches people how to upgrade their wellbeing habits in an easy to follow **12 session process** that fits into even the busiest of lives