

Renew and Refresh

NEW HABITS IN ACTION

M T W T F S S

8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Inspiration for your habit activation

Start with asking yourself:

- WHY is this important for you?
- How does it feel when you have succeeded?

Prepare for success:

- Choose tiny steps
- Tell your friends
- Make it easy for yourself: let your environment remind you, choose the same time of a day, build sequences etc,
- Reward yourself :)