How to form healthy habits

24 APRIL 2023

How can members go about turning goals into habits, so that it becomes part of their routine to the point where they're not consciously thinking about it?

INCORPORATION

Try to link a new behaviour into an existing habit so that this new action becomes part of an automatic routine. For example, doing a quick five-minute workout while the coffee brews. This is usually easy to undertake, and therefore makes it more achievable as the member is using the time they've already allocated in their day.

MOTIVATION

Motivation comes in different forms for different people. For some it's about making the behaviour easy to achieve, for others it's recording results to keep on track. It could even be getting recognition from others. It is important to remind ourselves of these when starting out with a goal in mind. The more the behaviour is repeated, the more likely it is to stick to it, especially if being rewarded for it.

REMINDERS

Members can set up notifications on their phone, put up sticky notes around the home or set up meetings in the diary. These reminders are the first steps in the habit loop explained earlier. Having cues or triggers help pave the way for turning a behaviour into a habit.

STARTING SMALL

Small steps can be key when achieving a goal. If an unrealistic aim feels like a mountain to climb, it can quickly be deterred from trying to complete. A technique that can also be used is creating microhabits e.g. stretching legs every time a member walk up the stairs, charging a mobile away from the bed or work area so as to not be tempted to keep checking it.