



Top Tips to Get the Habit to Stick

Set phone reminders/alarms

Set the alarms to ring at times you want to add in the habit during the day, this will give you a clear reminder and make it hard to forget- just don't hit the snooze button!

Write it down

Write it somewhere and put it in a place you'll see everyday, it could be on a sticky on your bathroom mirror, refrigerator, or coffee pot- just somewhere you'll be sure to see it.

Tag- along

Tag it to something you already do regularly and at the same intervals as the habit your adding. So for example, if you are trying to remember to meditate everyday- try doing it at the same time everyday for example: right after your morning coffee, or right after you eat dinner, it could even be after you brush your teeth. Just try and add it to something you are already doing regularly so it just becomes a part of the routine.

Get support

Have a friend or coworker remind you. For some reason people love reminding others to do things

Plan ahead

Think about when you will be adding in the new habit and make a detailed plan. Will you be adding the habit to your morning, will it be before you eat breakfast or after you get to work, how often are you adding it in and at what times will you add it? You might not stick to the plan perfectly but it gives you a good game plan for each day.

Make a note

Every time you are successful write a note and keep track everyday. Challenge yourself to remember and be consistent.

Try, try again!

Don't feel bad if you forget, change takes time. Try again tomorrow! Reward yourself Reward every success no matter how small; any success is worth celebrating!