

HABIT CHECKLIST

How to use your checklist

Fill out any new habits that you wish to start building in your life. Then as the week progresses tick them off at the end of each day. This process requires you to really honest with yourself as to whether or not you completed that task on that day.

At the end of the week review your habit checklist and you will have a powerful visual representation of how your habit is developing. If you're not completing your new habits ask yourself why and then workout ideas on how to work through those roadblocks, if you need some help book yourself in for a Habit Check and we can work it out together.

NEW HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
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			44				

Celebrate Your Wins

Celebrating wins, big or small, fuels momentum toward health goals. Big achievements deserve vibrant celebrations, while smaller victories warrant smaller acknowledgment. Yet, celebrations must align with with your goal, never contradicting efforts. A feast or party shouldn't compromise dietary or exercise routines. Each celebration echoes commitment, reinforcing your postive chage. Celebrate wisely, ensuring each revelry aligns with your journey for a healthier lifestyle. These celebrations affirm resilience and dedication to wellness, becoming vital milestones on the journey to a better you.

CELEBRATION