



# Healthy Habits Support Toolkit

## Building Healthy Habits That Stick

Hello!

At LifeGuides, we believe that growth happens one day and one choice at a time. The routines you build can shape how you feel, how you show up for yourself, and how you connect with others.

We know it can be challenging to create new habits, especially when life feels busy or unpredictable. That's why we designed this toolkit to be simple, encouraging, and easy to use. You'll find tips, research, and reflections that show how small changes can make a big difference over time.

As you move through these pages, remember that creating new habits is not about being perfect. It's about being consistent, patient, and kind to yourself as you grow. Each small win you experience helps you build confidence and momentum. You do not have to do it all at once, and you do not have to do it alone.

If you ever feel stuck or unsure where to begin, a LifeGuide can help you think through your goals and create a plan that fits your life. Together, you can explore what motivates you, uncover what gets in the way, and build a routine that supports your wellbeing.

We are cheering you on and proud to be part of your journey!

Looking forward,  
*The LifeGuides Team*



# The Power of Habits

## How Simple Routines Shape Your Health & Happiness

Habits shape nearly 40% of our daily actions. That means almost half of what we do happens automatically without much conscious thought. When we intentionally create new habits, we take back control of our routines and have a direct impact on our overall health and happiness.

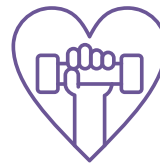
Healthy habits influence nearly every part of life. They can:



Reduce Stress & Increase  
Emotional Stability



Improve Focus, Memory,  
& Productivity



Boost Energy & Overall  
Physical Health



Strengthen Relationships  
& Emotional Resilience

Studies show it takes an average of 66 days to form a new habit. For some, it may happen faster; for others, it can take longer depending on the complexity of the habit. What matters most is consistency. Progress happens when we show up regularly, even when motivation feels low.

Our daily habits create the systems that shape our results. If we design our routines with care, we can make positive behaviors automatic over time, leading to real, lasting change.

# Why Forming New Habits Can Be Hard

## Understanding What Makes Change Challenging

Change is possible for everyone, but it is not always easy. Our brains are wired to seek comfort and efficiency, which is why it can feel uncomfortable to start something new. Old habits are familiar and automatic, while new ones require energy, focus, and repetition. The process of building new neural pathways takes time, but with patience and persistence, new habits can become just as effortless as the ones you already have.

Here are a few reasons building habits can feel challenging:

### Old Habits Are Automatic

Your brain saves energy by repeating what it already knows.

### Change Feels Uncomfortable

You may not control the change itself, but you can control how you respond. Gain more from our [Embracing Change Employee Support Toolkit](#).

### Motivation Fluctuates

Some days it feels easy; other days, impossible. Systems and reminders help bridge the gap.

### All-Or-Nothing Thinking Gets In The Way

Expecting perfection can lead to frustration. Focus on effort, not perfection.

Remember that setbacks are part of the process. Missing a day does not erase your progress. Each time you start again, you strengthen your ability to adapt and grow. Over time, small, consistent efforts rewire your brain to make new habits second nature.

# How to Build Habits That Last

## Practical Tips To Make New Routines Simple

The key to sustainable change is making it simple, specific, and rewarding. People often try to change too much at once, which can lead to burnout or disappointment. The most effective way to create lasting habits is to start small and celebrate progress as it happens.

Here are a few ways to get started:

### *Start Small*

*Choose one habit to focus on. The smaller & more specific the action, the easier it is to maintain.*

### *Make It Visible*

*Keep cues or reminders in sight, like sticky notes, phone alarms, or a visual tracker.*

### *Reflect Weekly*

*Look at what worked and what didn't. Adjust rather than abandon your plan.*

### *Anchor To An Existing Routine*

*Pair your new habit with something you already do, such as practicing gratitude after your morning coffee.*

### *Track Your Progress*

*Each checkmark on a tracker builds momentum and reinforces success.*

### *Celebrate Consistency*

*Even small wins are worth noticing & rewarding!*

Most importantly, be patient with yourself. Creating a habit is not about perfection but about showing up for yourself repeatedly until the action feels natural. Over time, these small decisions compound into meaningful, long-term change.



## How LifeGuides Can Help Partnering With A Guide To Stay Motivated

Everyone's journey with habits is unique. Change is easier when you are supported by someone who listens, understands your goals, and helps you stay accountable. Having that connection can make all the difference in whether a new habit lasts.

That is where LifeGuides comes in. A Guide can help you:

- Clarify what motivates you & talk through challenges
- Add more structure to your day & set boundaries
- Manage stress & create a plan that works for you

Research shows that having an accountability partner increases your chance of success. According to a study by the American Society of Training and Development (ASTD):

**People are 65% more likely to reach a goal after committing to someone, and their chances rise to 95% with regular check-ins.**

Simply talking with someone you trust can make your progress stronger and more consistent.

LifeGuides is here to help you turn your intentions into action. With encouragement, accountability, and honest conversation, small steps can grow into lasting change. [Get Started Here!](#)

# Weekly Habit Tracker and Reflection

Use this tracker to stay consistent and reflect on your progress each week. Choose one to three habits to focus on. Check off each day you complete your habit, and use the reflection prompts at the end of the week to celebrate your wins and identify what you might adjust.

	M	T	W	Th	F	Sa	Su	Notes
Habit 1:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Habit 2:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Habit 3:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Take five minutes at the end of your week to review and reflect:

📌 Which habit felt easiest to maintain? Why?

📌 What challenges or distractions seemed to get in the way?

📌 How did your habits affect your energy, mood, or focus throughout the week?

📌 What small adjustments can you make for next week?

📌 What are you most proud of from this week's progress?

**Tip:** *Reflection is how you turn effort into growth. Look for patterns, celebrate wins, & keep moving forward. Consistency builds confidence, & confidence creates lasting change.*

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