

PLAN, RECOVER, RESET:

YOUR GUIDE TO BUILDING AND SUSTAINING HABITS

Have you ever struggled to find the motivation to change your habits? Cultivating wellbeing involves creating and sustaining habits that enrich your life. By integrating small, realistic changes, you can begin to experience a boost in your physical energy, improved mood, and greater life satisfaction.

It's challenging to navigate this journey alone! That's why we have compiled this list of tips and resources to help you form lasting habits.

Set SMART Goals!



SMART goals are particularly helpful in creating habits.

SMART stands for:

Specific: Clearly define the goal. What exactly do you want to achieve?

Measurable: Determine how you will measure your progress? What metrics will you use?

Achievable: Ensure your goal is realistic and attainable. Do you have the resources and capabilities to reach it?

Relevant: Make sure your goal aligns with your broader objectives and values.

Time-bound: Set a deadline for when you want to achieve your goal

[Here's a template to get started creating SMART goals.](#)

Use Apps to Track and Have Fun



- [Habitica](#)
- [HabitShare](#)
- [HabitBull](#)
- [Streaks](#)

Plan for Setbacks

Anticipate challenges: Setbacks are normal so plan how you will handle them when they arise.

Set Realistic Expectations: Aim for progress, not perfection!

Create a Flexible Schedule and Adjust: If you miss a day, have a backup plan for getting back on track.

Develop a Support System: Share your goals with friends or family who can encourage you and hold you accountable

Practice Self-Compassion: Be kind to yourself when you encounter setbacks. Reminder, they are normal!

Resources Recommendations

Book:
The Power of Habit, by Charles Duhigg

Book:
Tiny Habits, The Small Changes That Change Everything, by BJ Fogg

Book:
Atomic Habits, by James Clear

Video:
[How to Break Habits](#)

Video:
[8 Habits of a Successful Student](#)