

The background features a top-down view of various citrus fruits, including orange and grapefruit slices, some whole and some cut, arranged on a light-colored surface. A wooden cutting board is visible in the lower-left quadrant, holding several slices. The entire scene is overlaid with a semi-transparent white rectangular frame containing the main text.

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TIPS FOR  
BUILDING  
HEALTHY  
HABITS

Happy  
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Bites

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# 1 CHOOSE A GOAL THAT'S RIGHT FOR YOU

When deciding on a new goal to set, it's important to make sure it's achievable and realistic for you. Setting practical goals is the best way to build momentum and motivation.

# 2 SCALE IT BACK

If your ultimate goal is to run 5 miles, but your current exercise routine is walking to the fridge and back, you have to start small. Small wins make you feel good which helps you stick with it and be consistent. Feeling successful helps your brain wire in good habits.

# 3 BREAK IT DOWN

Think about the small actions required to complete the larger task at hand. If your goal is to meal prep each week, think about each step that will go into this (looking up recipes, planning meals for the week, grocery shopping, prepping and cooking, etc). This will help prevent you from feeling overwhelmed.

# 4 LINK IT TO AN EXISTING HABIT

You can use an existing habit to pull forward a new one. For example if you want to practice deep breathing for a few minutes every morning and already have a habit of making coffee, you can do this while your coffee brews.

# 5 USE YOUR CALENDAR

Don't just say you will start a new activity, schedule it on your calendar as you would any other commitment to give yourself extra accountability.

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## TELL YOUR FRIENDS

Having support from friends and family is a great way to stay motivated and encouraged when times get tough.

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## WATCH YOUR MOUTH AND YOUR MIND

Don't let negative self-talk get in the way of reaching your goals! Pay attention to your thoughts and what you say about yourself. Thoughts starting with "I'll never be able to" or "I can't" are red flags. If you find yourself saying or thinking these, replace them with a positive thought instead.

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## DON'T LET THINGS SNOWBALL

One bad decision doesn't have to lead to another. Don't let one bad morning snowball into a bad day or bad week. Every decision is a new opportunity to make a healthy choice.

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## SETBACKS WILL BE A PART OF THE JOURNEY

Any goal worth setting should be a challenge, which means the process of getting there will have ups and downs. Don't beat yourself up over slip-ups, just get back on track as soon as you can. You only fail by not getting back on the horse.

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## GET SUPPORT, GUIDANCE, & ACCOUNTABILITY

Making big changes can feel overwhelming, that's why working with a dietitian or health coach with a background in behavior change can help you reach your goals faster. Investing in professional support can help keep you motivated and engaged when things get tough, which makes all the difference when it comes to changing your lifestyle.