

# Your habits will determine your future!

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You have set your goal. It may be to have more energy or lose weight. But how do you achieve your goal? You make small incremental changes in your day that impact your food and body. Once this becomes an automated process, you have changed bad habits into good habits!

What is the difference between a goal and a habit you ask? A goal might be losing weight or having more energy, but a habit to support your goal could be to choose a healthier option for lunch and dinner repeatedly, most days, most weeks, all year!

## Three steps to habit formation:

1. **Take one of your goals** that you have set for your week. For example, lose weight.
2. **Choose a simple action** that will get you towards your goal which you can do on a daily basis. For example, stop snacking between meals.
3. **Plan when, where and HOW will do your chosen action.** Be consistent: choose a time and place that you encounter every day of the week. Every time you encounter that time and place, do the action. It will get easier with time, and within a few weeks you should find you are doing it automatically without even having to think about it. For example, prioritise time to meal prep, so you have sufficient food to eat during the day which will stop you from snacking. Or make time (15 mins) each morning to pack and prepare food for the day.

**Congratulations! You've made a healthy habit and you have either hit your goal or are closer to it!**

**My goal is:**

**My habit I am working on is:**

**The action I will take each day is:**