

# 3 STEPS TO MENTALLY PREPARE TO CREATE A NEW HABIT

1

## CONNECT WITH THE CRAVING.

What is it that leads you to this craving (habit?) Is it stress leading you to crave chocolate? Does celebrating an achievement lead to a desire to skip a workout? Identifying the physical and emotional feelings that lead to the undesired action will help you understand the psychological patterns that drive your habits.

2

## FIND YOUR PERSONAL MOTIVATOR.

Your personal motivator is what prompts you to change. Keep your eye on the desire to shift the experience that leads to the habit in the first place. Knowing this will help you to understand the core of the behavior and recognize future patterned responses.

3

## CUE AND REWARD.

Identify the cue that activates you into your routine (e.g., walking in the house after a stressful day) and then understand the reward you seek. Is it happiness, stress relief, calmness? Once you know the bookends of your routine, you can start to replace the pieces that negatively affect your health.

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