

The Keys to Forming Good Habits



Forming good habits can be the key to your success in achieving your health goals. Changing your habits can be difficult. Here are some great tips on how you can succeed.

- Your environment plays a big part in your success. Visual clues impact your behaviors. **Remove any items (like refined foods) from your home, or quarantine them. Put healthy foods front-and-center.**
- Focus on what you CAN have vs. what you can't have. **You can have all the REAL foods you need, it's the fake and "food-like" refined products you choose not to eat!** The word "can't" is restrictive. Instead use the word "don't", which is empowering.
- If you don't have the desired habits pinned down yet, work on the related goals first. **Every bite you take can either help or harm your health!** Little by little, build the identity of you want to be by achieving the goals you set.
- Building habits forms who you are. **This is very true when it comes to nutrition, because you are what you eat!**
- Don't compare yourself to others in attaining goals. **Did you eat healthier today than yesterday? Are YOU on the path toward health? That's what matters.**
- Do not set goals with unrealistic expectations. Don't strive for perfection, because you'd be setting up a no-win situation. Give yourself a break. **Don't be overly strict in your eating plan that you miss out on the joys of life!**