

Week 2: Habit Building to Close the Gap

Last week you did some great work in detailing what your meaningful goal will be this term. You should have decided what is you want to be able to do with your body and identity more the life you actually want to live. You decided on who is the ultimate you and what an extraordinarily healthy Mumma means to you. Living with intention and purpose! Good on you (please go back and do week 1 before progressing)

I am so proud of you for all taking fun action with saying your mantras & new beliefs. Keep it going! Our brain needs daily training too.

How are we going to make our goal happen? Just by saying good things to ourself? Yes it certainly does help, but we also need a little bit of strategy for us to follow. This is the part where we get to break it down a little bit more into manageable chunks. Yip, all those small steps that lead you to the destination. Creating new habits and routines that will get you the result you want. This is how we close the gap between where we are now and where we want to be. Then each week you just pop your head up for a moment and check you are following the right path and tweak it slightly.

So now I need you to think about the daily habits you need to help you achieve your goal. Don't over think this too much. What are the basic steps.

For example: You may need to exercise daily, you may need to do your pelvic floor exercises daily, you may need to eat more veggies, you may need to meditate (depends on your goal, right!). Super simple, but what are the steps that you can check off so you can visually see you are making progress (love ticking a box) and perhaps something that you might not already be doing.

I have created this Weekly habit checker for you to use or use the template. So that every day, at the end of the day, you can tick off the things you accomplished & also help remind yourself of the area you may not be doing and easily left off.

Now first off, I have A LOT of things on my general habit checker. Please use these as ideas if you find the whole list a little too overwhelming. You may like to create your own by just focusing on 3-5 key area/habits. Please do what makes you feel accomplished but also highlights your progress (and maybe a slight challenge).

Your task this week is to create a habit checker and share it with me in the group. At then end of the week, I want you to share your check list in the group (this will be along with your wins/challenges & meal/activity plans), so we can give you feedback and support. Love celebrating the small stuff (because it snowballs into big stuff!).

The next step is to fill out your weekly activity and meal planning. Why?? Because it eliminates the guess work. One of the challenging parts of parenthood is making decisions when you are stressed and stretched thin. These plans will look fairly similar each week, but just require a quick review and tweak. When you tweak it, you may consider what routines worked well, what didn't or if you have any random events on this week that will required you to shift your workouts etc (shift... not cancel!)

Action steps:

- 1 Create a habit check list – use my one or use the template to create one you like (share with me)
- 2 Update/complete your week meal/activity planner (share with me)
- 3 Let me know your Wins & Challenges

****Note**** if you have another template or diary that works for you, you are obviously more than welcome to use these if it suits you better. It doesn't really matter what it looks like, but that the work is getting moved through.

Top Tips for creating new habits:

If you are trying to create a new habit:

If you are keen to create a new habit, the keys are to either make it really simple and obvious or associate it with another habit that you do daily.

For example, to make it really easy to exercise and get up out of bed for an early morning walk you can make it easy for yourself by having your exercise clothes & shoes laid out, so you only need to slip them on.

Or if you are trying to eat better, you might pack a lunch box for yourself the night before so you get up in the morning and just take that prepared food with you.

Habit stacking is when you link a new habit to an existing one. Like something you do every day?

For example, you brush your teeth everyday, so you do your pelvic floor when you brush your teeth.

Or if you are trying to increase your flexibility, you get out of bed everyday, so you might stretch before you do anything else.

The opposite works for trying to get rid of 'bad' habits. You want to make it really hard to do or very unattractive.

For example if you eat too much junk food, you make it harder to eat it by not having it in the house (so you have to leave the house each time you want it). Or move the left over cake to the back of the fridge so it is out of sight and you don't automatically grab it. You put it in Tupperware containers that you can't see through, so it blocks the visual cue

Maybe you check your phone every morning before you get out of bed? You can make this really hard to do, by not sleeping with it in the room.

Can you make a habit really unattractive?

For example, maybe you drink too much alcohol... you could make it unattractive by scheduling an early morning workout (no one wants to do that with a sore head)

The other way to break bad habits is to identify them. You need to notice the pattern right.. Eg When and/or where do you normally do this bad habit (certain time of day or week? Home or work?) and what triggers your habit (Anxiety, tv, boredom?). Knowing these will help you create better strategies to make these habits harder to do or unattractive.

And don't forget the power of people!

Surround yourself with positive people who support your goal or perhaps already living a similar path. I trust the Nurtured Fitness Community will fit nicely into the category and great people to call on if you need to 'vent' or find a walking buddy.

Get your family on board. Your spouse could be a great support to you too, but you need to communicate what you may need from them. They might do something 'triggering' for bad habits that you can navigate together, or you can let them know how they can best support you eg you might walk together in the evening or 'tag team' he minds the kids while you go for a run or vice versa.

My last tip totally comes from a person who has no fashion sense and mostly lives in lycra... but be ready for action. I love to move a lot and not just 'workout'. But I can't jump on the monkey bars with the kids if I am in a mini skirt... so I am almost always dressed 'ready for action'. I either have bike pants under short skirts or choose to wear things I can bend over easily in 😊

Go through the worksheet now to identify your undesirable habits you want to eliminate and new habits you want to introduce that will help you close the gap between where you are now and the extraordinarily healthy Mumma. Then integrate this into your daily habit checker

CLOSING THE GAP

Bad/Undesirable Habits	1	2	3
What is an undesirable habit?			
When do you find yourself doing this the most? What triggers this habit?			
How can you replace it, make it unattractive or harder to do?			
Do you need support (spouse/friend) to help you with this?			

New & Desirable Habits	1	2	3
What is the habit you would like to adopt?			
When do you see yourself doing this?			
How will you make this easy to do or stack with another habit?			
Do you need support (spouse/friend) to help you with this?			

****INTEGRATE THIS NOW INTO YOUR DAILY HABIT CHECKER****