

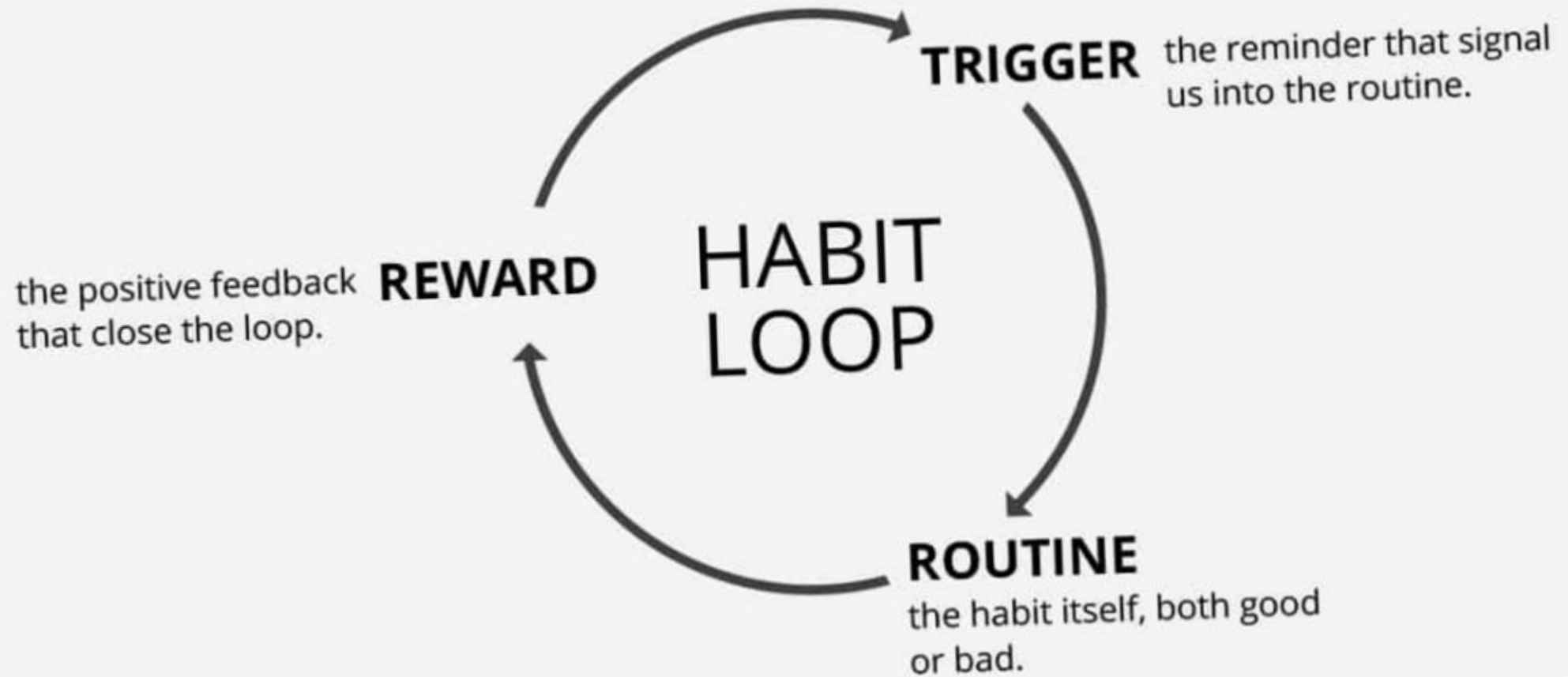
“You can’t stop the waves, but you can learn to surf” ~ Jon Kabat-Zinn

Health Coaching

Riding the Aging Wave

Habit Loop Practice

The Habit Loop



HABIT LOOP EXAMPLES



TRIGGER: GET UP IN MORNING
ROUTINE: USE GRATITUDE BOOK
REWARD: START DAY OFF POSITIVE



TRIGGER: EAT DINNER
ROUTINE: BRUSH TEETH
REWARD: NO MORE EATING, NO
INDIGESTION, MANAGE WEIGHT



TRIGGER: EAT LUNCH
ROUTINE: ~~EAT A SWEET~~ GO OUTSIDE FOR 5MIN
REWARD: BOOST OF ENERGY

Habit Loop – YOUR TURN!

Take a few minutes to pause, think about a habit you have that has room for a healthy uplift!

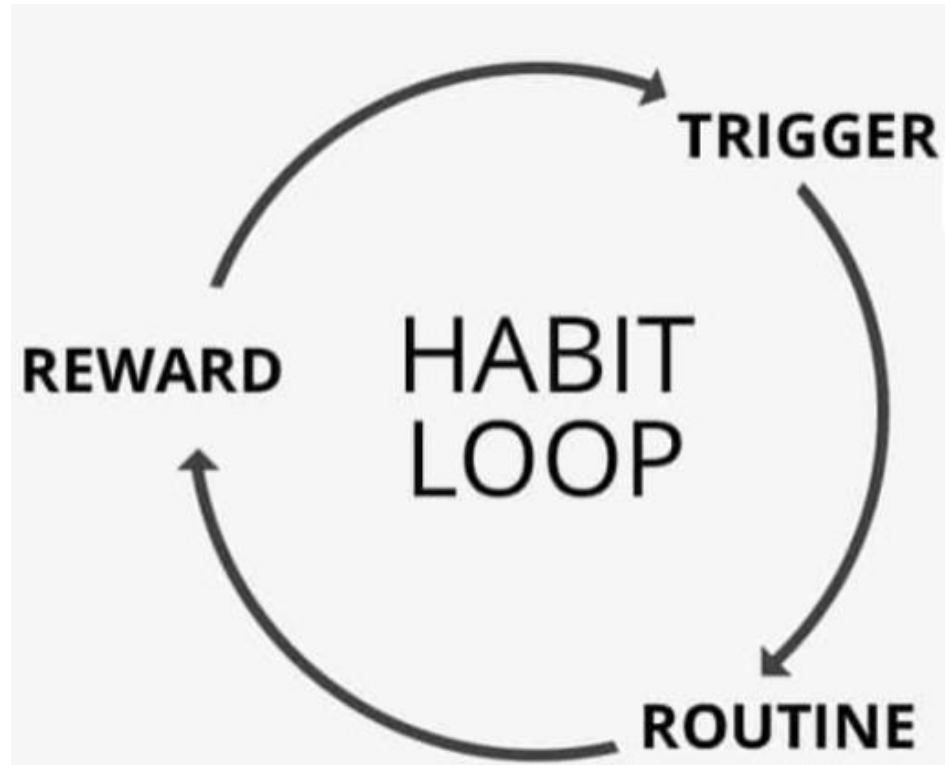
Taking into consideration the Habit Loop, what change can you make to substitute your current “Routine” with a healthier one, even if is small, that would lead to the same or a better “Reward”?

Habit Loop – YOUR TURN!

Come on! We all have areas we can improve – keep thinking!

The Habit Loop - CURRENT

ENTER REWARD:

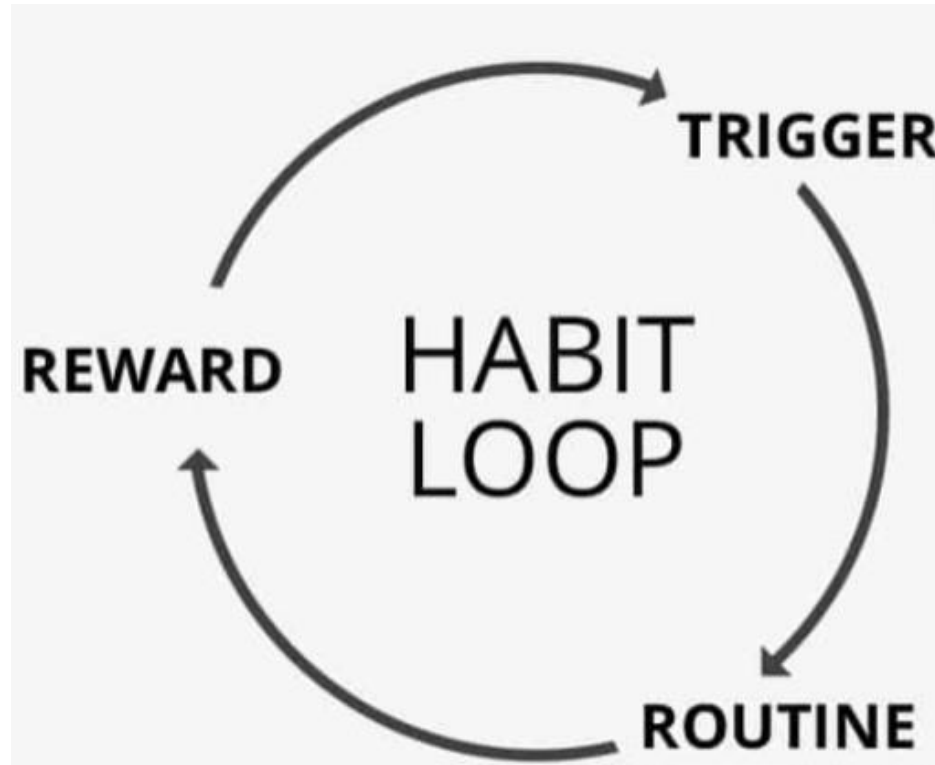


ENTER TRIGGER:

ENTER ROUTINE:

The Habit Loop – NEW/CHANGE

ENTER REWARD:



ENTER TRIGGER:

ENTER ROUTINE: