

# HOW TO CREATE Positive Habits



01

## IDENTIFY WHAT TYPE OF PERSON YOU WANT TO BE

Decide to be a runner rather than run a marathon, or to be an organised person, a kinder person, a healthier person, an assertive person.

02

## ACTIONS ARE VOTES FOR THE PERSON YOU WANT TO BE

Ask yourself what a healthier person, assertive person, etc would do?



03

## CONSISTENCY BEATS INTENSITY

Going to bed 5 minutes earlier each night is achievable and can be your first step towards getting 8 hours sleep a night.

04

## VOLUME BEFORE INTENSITY

Establish a habit before you improve it. It's more likely to stick.



05

## ATTACH A NEW HABIT TO AN EXISTING ACTION

When I put on the kettle I'll stretch. When I feel angry I'll take a deep breath before speaking.

06

## MARK AND REWARD THE ACCOMPLISHMENT

Acknowledge your positive actions. When I finish work on time I'll play with the kids for longer.



On-duty EAO available at 0818 008120  
Monday – Thursday: 9am – 5.15pm  
Friday: 9am – 5pm

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