



10 WEEK DAY 4 MOTIVATION TIPS

STICKING TO NEW HABITS

Often, we can feel that we want to change everything, especially if we are feeling frustrated, fatigued, and overwhelmed. However, by making small, consistent changes, our habits form and we enable our goals to be realised. Follow the steps below for each idea you want to achieve.

1. Decide on the goal/s that you would like to achieve around your diet and lifestyle.
2. Choose a simple action, (from the TTMP) that you can do each day.
3. Plan and be consistent: choose a time and place that you encounter every day of the week.
4. Every time you encounter that time and place, take the action.
5. It will get easier with time, and within weeks you should find you are doing it automatically without even having to think about it¹.

BUILDING NEW HABITS

If you want to build a new habit, you must have a clear plan of action.

Don't say, "I'm going to start working out". Instead, say "I will work out on Sunday, Tuesday, and Thursday at 7am for 20 minutes" / "I will include 1 cup more of salad in my lunch at work and as an entrée for dinner at home over the next 2 weeks". Research shows that setting out a clear plan of action, of when and where you will carry out the habit you would like to cultivate is the most effective way to change.

Make your new habit satisfying.

The most important rule for behavioural change is to make habits satisfying. This can be difficult since our habits are often beneficial in the long run, and we don't always get immediate satisfaction. Therefore, when you are trying to build habits with a long-term benefit, try to attach some immediate satisfaction to them.

For example, if you want to start losing weight, start saving for something that you really want to buy. Each day that you eat well and/or workout put a dollar (or however much you decide on) into the savings account. You will now get some short-term satisfaction each time you put money into your account. This will keep you on track until you reach your long-term goals.

For more on habit changing – see <https://jamesclear.com/atomic-habits>



Thrive Through Menopause Program

www.handcraftedhealth.com.au

Have a look at the motivation questions below and fill that out. This profile is not for anyone else, it is for you – it will also help you get clear about your Goals and Motivation.

What are your top three health goals?

Health goals

What has stopped you from achieving your health goals in the past? Examples might include lack of time, support or money. Do you think these factors, or anything else may stop you from achieving your current health goals?

Consider what has helped inspire and motivate you to make significant life changes in the past. What might help inspire and motivate you to achieve your current health goals? Examples may include encouragement from your family or friends, a special event such as a wedding or birth of a child, or your current state of health. Please comment on how and why these motivate you.

To improve your health and wellbeing, you may be asked to make some changes to your diet and/or lifestyle. How willing would you be to do the following? Please rate on a scale of 1 (not willing at all) to 5 (extremely willing). Please comment on why you have given this rating.

Make dietary changes	
Engage in regular exercise/activity	
Practice relaxation	

“It’s not the speed with which you are travelling but the direction you are facing”.



Thrive Through Menopause Program

www.handcraftedhealth.com.au

**technique(s)
on a regular
basis**

**Modify your
sleep habits**

**Commit 6
weeks to the
TTM program**

With the support and guidance of the experts in the Thrive Through Menopause Program, how confident are you in your ability to follow through in the activities above and in the program?

Please rate on a scale of 1 (not confident) to 5 (extremely confident)

“Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny.”— **Lao-Tze**

Healthy Regards,

Sue Stevens

Naturopath, Clinical Nutritionist

Handcrafted Health

MHsc (Human Nut), MCounselling & Psychotherapy (current), GradCert Learning & Training, GradCert Com Medicine, BMedMgmt Prof Hons Complementary Medicines, Adv Dip Naturopathy, Adv Dip Nutrition, Dip Remedial Massage, Cert Counselling.
ATMS no -6619

E: handcrafted.health8@gmail.com

A: Suite 4 / 153 Wycombe Road Neutral Bay 2089. NSW.

W: Handcrafted Health <https://www.handcraftedhealth.com.au>

FB: <https://www.facebook.com/HandcraftedHealthAustralia>

Disclaimer: The handout does not reflect any particular diagnosis, nor suggests any course of action. It is meant only as a tool to help assessment. The ideas and suggestions made here are not intended as substitutes for appropriate care by a licensed healthcare practitioner. Should you have any concerns regarding your well-being now or in the future, please contact your primary healthcare practitioner.

“It’s not the speed with which you are travelling but the direction you are facing”.

www.handcraftedhealth.com.au



Thrive Through Menopause Program

www.handcraftedhealth.com.au

Copyright ©2021, Handcrafted Health. All rights reserved. No part of this material may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

References available on request.

"It's not the speed with which you are travelling but the direction you are facing".

www.handcraftedhealth.com.au