



Starting New Habits

Use this easy ABC plan to help start new habits.

Here's how to give yourself the best chance of forming a new habit. It's really important to start with a behaviour change so small that it's nearly impossible to fail, then gradually scale up the change as you grow in confidence that you can make changes.

Anchor moment

An existing routine in your life that will remind you to do the tiny behaviour (your new habit)



Tiny Behaviour

The new habit you want but scaled back to be super tiny – and super easy



Celebration

Something you do to create a positive feeling inside yourself



Read the examples below for inspiration:

After I...

...get up in the morning

...wake up

...finish lunch

I will...

...put on a T-shirt and shorts (committing to exercise will come later!)

...write down one thing I'm grateful for

...go for a walk for 5 minutes

Then I celebrate!

I'll enjoy a coffee and let my family know

I'll enjoy my breakfast

I'll eat an apple

Note in the example above, all the behaviours are really small. For example, getting dressed in exercise gear is really easy. Once you've done that a few times, it's a lot easier to take the next step and start getting active. The idea is to build your confidence as you go.

If you miss a day don't beat yourself up

Now print this out and fill in the boxes below for the habit you want to start

After I...

I will...

Then I celebrate!