

Healthy Habit Starter Kit

Your guide to real-life highs that empower, energize, and inspire you.

1. Habit Tracker Template

Why Use It: Building new habits takes consistency, and this tracker helps you visualize your progress.

Template:

Habit	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Move Your Body							
Cold Showers							
Journaling							
Mindful Meditation							
Creative Joy/Flow							

How to Use: At the end of each day, check off or rate your effort (e.g., 1–5 stars). Over time, you’ll see which habits resonate most with you.

2. Personalized Goal-Setting Worksheet

Why Use It: Clear, actionable goals make healthy habits easier to integrate into daily life.

Steps to Set Your Goals:

- Choose Your Habit:** What will you focus on this week? (E.g., Journaling)
- Set a Micro-Goal:** Start small and specific.
 - Example:* “Write one sentence every evening.”
- Define Your Why:** What’s the deeper reason for this habit?
 - Example:* “To feel calm before bed.”
- Reward Yourself:** Celebrate when you succeed!
 - Example:* Treat yourself to a cozy tea or a relaxing movie night.

3. Affirmation Cards

Why Use Them: Positive affirmations help rewire your mindset toward growth and resilience.

Examples of Affirmations:

- “I celebrate small wins—they lead to big changes.”
- “I am in control of my choices and my journey.”
- “I am worthy of joy that builds me up, not wears me down.”

How to Use: Print and place these affirmations where you’ll see them daily: on your mirror, desk, or even your phone wallpaper.

4. Quick Start Action Tips for Each Habit

Move Your Body

- Take a brisk walk after lunch or dinner.
- Stretch for five minutes while watching TV.

Cold Showers

- Ease into it with a 15-second cool rinse at the end of a shower.
- Challenge yourself to add 5 more seconds each day.

Journaling

- Keep a small notebook by your bedside for quick reflections.
- Try the prompt: “What’s one thing I learned about myself today?”

Mindful Meditation

- Use a free app like Insight Timer for beginner-friendly sessions.
- Try box breathing: Inhale for 4 seconds, hold for 4, exhale for 4.

Creative Joy

- Doodle or sketch something small every day.
- Make a playlist of songs that reflect your current mood.

5. Creative Flow Prompts

Engage your creativity with these fun challenges:

- **Draw Your Day:** Sketch or doodle one image that sums up how your day felt.
- **Bake or Cook with a Twist:** Use three random pantry items to create something new.
- **Make Music:** Use kitchen items or simple tools to create a rhythm or beat.

How to Use the Starter Kit:

1. Pick one section to focus on each week.
2. Use the habit tracker to monitor progress and adapt as needed.
3. Share your experiences with a friend, mentor, or community to stay motivated.