

# HEALTHY HINTS

Just for the HEALTH of it!™

## WEEK ONE-Personal Well-Being: Build a GOOD Habit

Everyone can change some habits! Replace some of those BAD Habits with GOOD Habits! Ex. Balance your checkbook, Floss your Teeth, Be on time...

### Christine Whelan's Top 10 Strategies for Changing Behavior:

1. Start small. Choose one thing
2. Make it SMART, specific and measurable
3. Figure out what you'll be adding or subtracting to make room for it
4. Ask why. Make sure it's really what YOU want, not what you feel you should
5. Go public, or make a commitment strategy
6. Get help from your community. Don't try to do it alone
7. Automate
8. Take Small Steps
9. Celebrate those steps to boost self-efficacy
10. Stick with it, the longer the better

Exert from: [https://www.washingtonpost.com/news/inspired-life/wp/2015/03/02/expert-ten-super-smart-ways-to-build-good-habits-and-make-them-stick/?utm\\_term=.7a7b1bdb8570](https://www.washingtonpost.com/news/inspired-life/wp/2015/03/02/expert-ten-super-smart-ways-to-build-good-habits-and-make-them-stick/?utm_term=.7a7b1bdb8570)

## SUCCESS: 12 Good Habits to Have

1. The habit of getting up early.
2. The habit of having a good breakfast.
3. The habit of doing some reading of self help, industry related & motivational material everyday.
4. The habit of complimenting others.
5. The habit of doing it right instead of doing it over.
6. The habit of being on time.
7. The habit of making time for those you love and matter.
8. The habit of doing some form of exercise everyday.
9. The habit of sharing knowledge and experience with others.
10. The habit of finding solutions when faced with a problem.
11. The habit of helping others.
12. The habit of having gratitude at the end of a day.

**Allistair McCaw** has worked with some of the world's best athletes including four world number 1's, five World Champions, nine Grand Slam winners, two PGA Tour winners and six Olympians. He has trained the world number one player Dinara Safina, 2x Grand Slam Champion, Svetlana Kuznetsova, as well as the world number one squash player, Nicol David.

