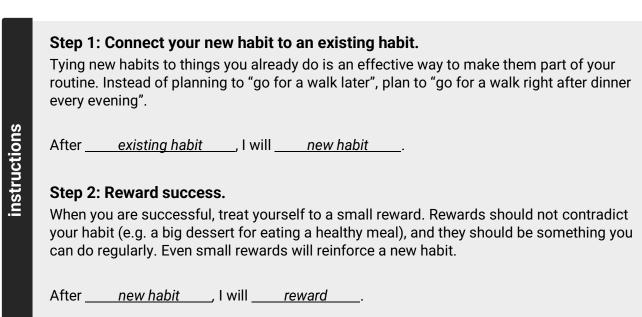
Habit Plan

Developing new healthy habits is an important part of working toward long-term goals. For example, the goal of improving your health can't be achieved without habits such as eating healthy or exercising. Creating a habit plan will help you get started.



examples

Step 1: After <u>I brush my teeth at night</u>, I will <u>do 10 push-ups</u>.Step 2: After <u>I do 10 push-ups</u>, I will <u>relax for 30 minutes</u>.

Step 1: After <u>I get on the bus to work</u>, I will <u>practice deep breathing for 10 minutes</u>.
Step 2: After <u>I practice deep breathing</u>, I will <u>listen to music</u>.

	Step 1: Connect your new habit to an existing habit.	
practice	After	, I will
	Step 2: Reward success. After	,I will