Ways to Help Start a New Habit



The key to building new habits is small changes over time

1 Make it Obvious



Place items in areas where you will see them

Put reminder notes / pictures / dots in places you visit frequently







2 Make it Attractive

When we enjoy something we are more likely to repeat it!

Link the new habit to something you enjoy or use rewards

After I... tidy my room
I will... make a coffee





After I... study for an hour
I will... play my game

3 Make it Easy

There are lots of way you can make it easier to do the new habit, to reduce the amount of effort to get started



Use reminders and alarms on your phone

Declutter your environment to reduce distractions



Reset the room ready for next time

Start small, aim to do no more than 5 mins





Find the best time of day for you

4 Make it Satisfying

Can you make it feel satisfying?

Make it appeal to your senses:
Does it look good, feel good, taste good, smell good, sound good?

Examples:

Choose exercise gear you like the look and feel of





Choose fruit and veg you like the taste of

Enjoy the feeling of satisfaction tracking your success



Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

© Valleys Steps 2021