

JOURNEY TO BETTER HABITS

workbook

METABOLIC HEALTH WORKSHOP



Southwest
— HEALTH —

You're Ready!

I know that because you're reading this workbook!

Making positive changes can be tough. That's why we've created this workbook to guide you through the process of building healthier habits. Using principles inspired by habit formation experts like James Clear and BJ Fogg, we'll break down the process into simple, actionable steps. Remember, small changes can lead to big results.

About the Process

Learning how to change your habits is the key to creating the life you want. Lasting change doesn't happen overnight. It's built through small, consistent actions over time. These 5 simple steps will help you create healthy habits, reach your goals, and build a lifestyle you love.

"Habits are not a finish line to be crossed, they're a lifestyle to be lived." -James Clear

Let's do this!

THE 5-STEPS TO CHANGE

1

Identify your Main Goal

Uncover the 'why' behind your 'what' so you can create a powerful roadmap to success.

2

Choose a Tiny Action

What small actions can you take that make change easy?

3

Create an Action Plan

How can you seamlessly incorporate your new action into your daily life?

4

Prepare for Setbacks

What can you do to prepare for setbacks you may face along the way?

5

Stay Motivated

Learn how to persevere and stay motivated throughout the process.

STEP ONE

Identify Your Main Goal

Reflect on these questions:

- What type of person do you want to be known as?
- How will your physical and mental health improve?
- Why do you want to make this change?
- What is the outcome you desire?
- What will it bring to your life?

The journey to a new you starts with a big, bold vision. Before we dive into the nitty-gritty of habit change, we need to start BIG!

To get crystal clear on your goals, we need to do some deep thinking.

Let's uncover the 'why' behind your 'what' so you can create a powerful roadmap to success.

What is your WHY?

Identify Your Main Goal

Use this section to reflect ...

I want to...

Because...

STEP TWO

Choose a Tiny Action

What small actions can you take to move closer to your goal? Brainstorm as many ideas for small actions that will result in getting you to your BIG goal. Then check your top 3. Circle THE ONE that is the easiest to accomplish or that you would be most excited about!

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Rewrite your ONE action:

STEP THREE

Create An Action Plan

You've chosen your goal and one action—now decide exactly when and where you'll do it. Fit it into your routine by stacking it onto something you already do, like drinking water after brushing your teeth or walking after breakfast. These habits will act as cues for your new behavior.

When I

I will

"The most practical way to change who you are is to change what you do." - James Clear

STEP FOUR

Prepare for Obstacles

Life happens, right? We all hit bumps in the road. But guess what? You've got this!

Let's anticipate those challenges and create a plan to overcome them. By anticipating potential obstacles, you're taking control of your journey.

You're going to think through every possible challenge, even the ones that seem scary. You'll be more confident and prepared you feel when you've thought through every scenario.

Remember, it's not about avoiding setbacks altogether, but about bouncing back quickly when they happen.

Obstacle Breakthrough

List your barriers: Write down everything that could derail your plans. Even the craziest things. Write it down.

I am committing to:

Obstacles I may face

Solutions to stay
on track

Handling Emotions

One of our biggest obstacles is often ourselves. Emotions can drive us to seek comfort in food, but food doesn't solve emotional needs. Because emotions are the trigger, they require an emotional solution, not a food solution. Let's explore how to recognize your emotions, sit with them, and respond in a healthier way. Let's learn "Feel and Find".

1. Feel the emotion.

This is where identifying the trigger and writing it down is an important first step! This needs to be done without judgment or guilt. Take a moment, recognize the reason you are eating, and write it down in your Food Mood Journal.

2. Find a productive solution.

Remember the trigger is your emotions, not the food. So we need an emotional solution to an emotional trigger. This is where you need to choose a better coping mechanism than food. There is no right answer here because it depends on the emotion you are struggling with.

Coping Strategies

Stress

Breathing exercises, meditate, pray, take a 5 to 10 minute walk, yoga, or journal.

Loneliness

Join a local church or club, volunteer, get a pet companion, text, call, or video chat with someone.

Happiness

Non-food reward- get your nails done, buy a new golf club, dance, exercise, or call a friend.

Sadness

Start a gratitude journal, go for a walk, listen to or watch comedy.

Anxiety

Progressive muscle relaxation, journal, walk, confide in a friend or therapist.

Boredom

Find a hobby, learn something new, clean or organize a closet, call a friend, or write letters.

My Emotional Strategy

Use this section to reflect ...

When I feel ...

I will ...

Food-Mood Tracker

DAY	FOOD I ATE	HOW I FELT
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

STEP FIVE

Stay Motivated

It's easy to lose motivation when waiting for long-term rewards.

Tracking provides immediate visual proof that you are showing up and living out the habits that will make you the person you want to become.

Here are a few ideas for a visual cue that you are on your way to achieving your goals (or use one of the trackers on the next few pages):

Every time you (do the action), you ...

- place a marble in a jar
- add a hairpin to a container
- add a rubber band to a ball
- mark a check on the chart (use upcoming pages)
- make a hole punch in an index card

30 DAY CHALLENGE

Action: _____

Start Date: _____

Reward: _____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Instant Reward

It's hard to stay motivated for something that won't happen for a few months or even a year. Recognize and reward your achievements, as often as possible. Check off which incentives you will use as a reward for staying on track. Then, reward yourself!

- | | | | |
|--------------------------|----------------------------|--------------------------|----------------------------------|
| <input type="checkbox"/> | Treat myself to a manicure | <input type="checkbox"/> | Book a quick weekend trip |
| <input type="checkbox"/> | Book a massage | <input type="checkbox"/> | Take a bath with new soap |
| <input type="checkbox"/> | Get a new haircut | <input type="checkbox"/> | Buy a new fuzzy blanket |
| <input type="checkbox"/> | Buy that new tool | <input type="checkbox"/> | Go to the movies |
| <input type="checkbox"/> | Buy a new coffee mug | <input type="checkbox"/> | Take a nap |
| <input type="checkbox"/> | Golf longer than usual | <input type="checkbox"/> | Buy a new candle |
| <input type="checkbox"/> | Buy new slippers | <input type="checkbox"/> | Purchase lawn service this month |
| <input type="checkbox"/> | Build a birdhouse | <input type="checkbox"/> | Sit by the pool |
| <input type="checkbox"/> | Enjoy a farmer's market | <input type="checkbox"/> | Have a day-date |

BONUS STEP

Level-Up

If your new habit feels effortless—even a little boring—that's a sign it's becoming routine. Stay consistent until it feels automatic, then it's time to level up.

Leveling up means choosing a new small action that moves you closer to your goal. Revisit step one and pick your next challenge.

Growth comes from small, consistent improvements. Celebrate your progress, keep challenging yourself, and remember:

"Small changes, consistently applied, are the key to unlocking your potential." - James Clear

Every small step brings you closer to lasting change. Keep going, you're making progress.

Let's Recap



We started with a big, bold vision and broke it down into small, achievable steps. You learned how to set yourself up for success, overcome obstacles, and celebrate your wins.

Remember, consistency is key. Small, consistent actions lead to big, lasting changes. Progress, not perfection, is the goal. So, pick yourself up, dust yourself off, and try again tomorrow.

You've got the tools and the mindset to create the life you desire. Trust the process, celebrate your wins, and keep going!