

*Creating
Healthy Habits
To Change
Your Life*

ZIR

DISCOVER YOUR INNER WARRIOR

Contents Page

Page 1-Cover

Page 2- Contents Page

Page 3- The Big 3's!

Page 4-6- Healthy Habits

Page 7- Habits & Behaviours

Page 8-10- Setting Routines/ Structure

Page 11-12- Consistency

Page 13- Non-Negotiable's

Page 14- How to make habits stick

Page 15-17- Behaviour Change

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DISCOVER YOUR INNER WARRIOR

The Big 3's

Habits

Routines/Structure

Consistency

Why?

They all play roles in your mental and physical health and are 3 key pillars of getting the results you desire.

Let's look at the definitions:

Habits/Behaviors- A willingness to change your behaviors comes from within and when you don't have a willingness to change you are going to struggle. If you continue to repeat the same old behaviors and patterns, then you simply can't expect to see results. By making small reflections about your decisions and why can be a massive asset to breaking the cycle and helps you to instill more positive habits that can create the results and life you want.

Routine- If you don't have a routine or a clear structure of your week then you are just relying on motivation and excitement to get you there. This will not work in the long-term! Plan your week out, look at what days you can dedicate time and put it into your calendar. Make it a must, a non-negotiable meaning it is a part of your day, this will make it easier to stick to.

Consistency- You can't see results if you don't consistently go to coaching sessions or workout regularly. This is the same if 1 week you try to be healthy and then the next you're relying on takeaways. Be consistent with your nutrition just as much as everything else! Consistently making the effort helps you to build the consistency to see the results.

Healthy Habits

Firstly, let's look at what unhealthy habits are and what healthy habits are as a brief example!



Unhealthy Habits:

These are ones that don't really benefit your health & well being such as relying on takeaways instead of making fresh food.

You may not be exercising etc.



Healthy Habits:

These are ones that benefit your health & well being such as cutting back on takeaways and eating more fresh nutrient dense foods. Going to the gym, drinking water & focusing on your health etc.



A good place to start creating new habits is looking at all your current ones first.

Grab a piece of paper or journal and start listing your habits, give this one a go because it is a good challenge!



This will enable you to:

- understand where you are currently at
- build awareness of what habits you have
- build awareness of what you may want to look at changing



Being realistic and honest with yourself is really important when you are trying to create change.

Also, don't list too many new habits at once



best to tackle one at a time like a checklist.

Don't move on to the next one until you have conquered one, no matter how long it takes!

Now, I want you to look at the current habits you have written down... on the same piece of paper write some healthy habits which can be similar to the ones written or some new ones you might want to set in place.

I will do this with you, try to not do more than 5, 3 is also fine!!



(Example of mine)



My List Of New Healthy Habits...

To drink 3 litres of water each day

- To eat x3 healthy meals a day with adequate protein & vegetables
- To prioritise my mental health by using a journal such as writing quotes to inspire me, enable me to process my thoughts & acknowledge my progressions each day
- Set a routine that enables me to train consistently to achieve my weight loss goals
- To be more consistent with my efforts and stick to my schedule/routine that fits well into my life

The Link Between Habits & Behaviours

It is important you understand the link between your current habits and behaviour patterns.

Let's say you like to enjoy a packet of cookies every Sunday and let's say you have been doing this for 3-6 months regularly.

Now this choice is a behaviour that you are choosing to repeat and therefore before you know it, it becomes a regular habit.

All your current habits are a reflection of your behaviours and it is hard work to change them, but it also is totally possible to instill new habits & behaviours.

Most weight loss or health journeys are all about instilling positive mindset & behaviour changes.

So when you don't see results, get a bit honest with yourself and look at those habits and behaviours by using the tips we have gone over above. This way you will find it easier to highlight the habits that are holding you back and what you need to change.

Routines & Structure

Having a routine or structure to your week is so vital to your success no matter what you are doing in life whether it be for a job promotion, a goal you have for the future or even a health journey.

Most people don't set a routine which can cause a lack of progress & results. Also accountability massively comes into this and as humans we don't set a high standard for ourselves! Having a solid routine or structure can really help you to make a break through.

A routine has to fit well into your life, you don't make your life fit with training. Same as saying 'I will go to the gym eventually'. We know that you can't wait for the right time you just have to work with where you are at currently. Life will always keep moving and things will always pop up so why stay in the same place?





Look at your current weekly routine, where can you make maybe 1-2 hour of exercise fit into your current day-day hectic life?

I know it can be super hard when you maybe have a lot going on, such as being a busy mum, busy job etc.

The big factor to remember is exercise is only 5% of your day. Even if you only do 10mins/20 mins it is always better than none at all!

So rather than setting a routine of x4-5 workouts a week, look at what you can actually realistically fit in. It may be x1 workout a week and for other people it might be 2 or 3. Again, we are all different and have different things going on in our hectic day-day lives.

You have to really look at your weekly routine and be realistic! Your routine will not be the same as someone else's! Your routine has to work for you and fit into your life well so you can stick to it!



Setting Routines Example:

For most people who may work a 9am-5pm day job and don't have many commitments may be easily able to set a routine. Such as Monday, Wednesday and Friday going to the gym at either 7am or 6pm.

Now that can easily be a scheduled routine that doesn't change. Therefore, you have built a solid routine that you can stick too & easily.

Now let's say you have a very busy day job; long hours and highly stressed Mon-Fri. If you find yourself with a loose hour then you could probably head to the gym but try to look at the average weekly pattern and see where you can make it fit each week, and schedule it in your calendar! If you can't make it fit, look to do the weekends instead.

Now busy mums... For most busy mums they don't really get a moment to themselves! Trust me, I get it!

Running here & there can be super stressful, but even if you can dedicate just 10-20 mins or even x1 hour a week to some exercise this will massively help your physical & mental well being. That's why there is a facebook group that you can seek home workouts from to make it easier for you, via the client hub! For busy mums it's a case of just doing it when you can!



Consistency

Consistency is so important when it comes to progress, accountability & seeing results!

Most people will do a month of the gym and wonder why they haven't seen a change yet, but we know it takes time!

Where people go wrong is they give up after say a month which means you just don't get anywhere but if you keep going no matter how many times you fall down you will get there eventually! This is what matters and this is how we build consistency!

Sticking at something for long periods of time pays off! We all know that it does! If everything was easy then we would never value our investment, commitment, time, and progress!

Remember consistency always wins!

An example of not being consistent might be going to the gym one week and then not the next 2 weeks and then going again. This isn't consistent and will hinder progress! Whereas, if you went to the gym say 2 times a week for the next 4-6 months then it is highly likely you will see the consistent effort of going starting to pay off!!!!



Consistency

You might be wondering then why do people struggle with consistency?

Sometimes people need more support than others, some are missing the pieces to the health puzzle and can't seem to connect the dots!

As you all know, we have to set routines, we have to focus on changing our behaviours & habits so that we can create consistency which enables us to see our progress!

How do we create consistency?

It's understanding there are going to be great days and bad days, but it's all about the recovery and how you get back on that creates consistency. We are human so we have to acknowledge life will get in the way sometimes. However, getting up and continuing to try is what makes the difference between seeing results and not.

How can we lose consistency so quickly?

Let's look at it this way, you have been going to the gym consistently for a few weeks and then you have a family thing that pops up. This means, you can't get to the gym for a few weeks. Now consistency is only lost if you fail to get back to the gym when things have settled down. Then you may say 'well life is getting in the way' so instead you give up because it's easier to use an excuse than to pick the routine back up again. By getting up and trying again you can get consistency back, but if you always use life or things going on then you will never break through the barriers that hold you back!!!!



Daily Non-Negotiable's



What are non-negotiable's?

Non-negotiable's are not open to discussion or modification. This means they are pretty set in stone, but are easy to keep that way & shouldn't really be changed or adapted!

Non-negotiable's are a great way to hold yourself accountable, build a consistent routine & help you to focus on healthier habits.

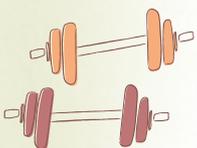
Grab a pen, your journal or a piece of paper and we are going to do this together & challenge ourselves to set some daily non-negotiable's! Let's just start with a simple 3/4!

Here is my example:

- To get 3 workouts in a week! (doesn't matter what day they happen, but it must happen)
- To always drink water throughout the day to keep me healthy, energised and prevent dehydration!
- To ensure I take adequate rest days to allow my body to recover from training so I can reap the benefits! (SEE BETTER RESULTS!)
- To make sure I eat healthy 80% of the time, with 20% being maybe a meal/ a higher calorie treat when I am out on the weekend!

These are my daily non-negotiable's, which help me to stay in shape, keep me healthy but also keep me well rested so I can maintain positive health & well being; physically as well as mentally!

Set some daily non-negotiables and watch how your life changes more positively!



How Long Does It Take To Form Habits?

On average, it takes more than 2 months before a new behavior becomes automatic — 66 days to be exact. And how long it takes a new habit to form can vary widely depending on the behavior, the person, and the circumstances. In Lally's study, it took anywhere from 18 days to 254 days for people to form a new habit.

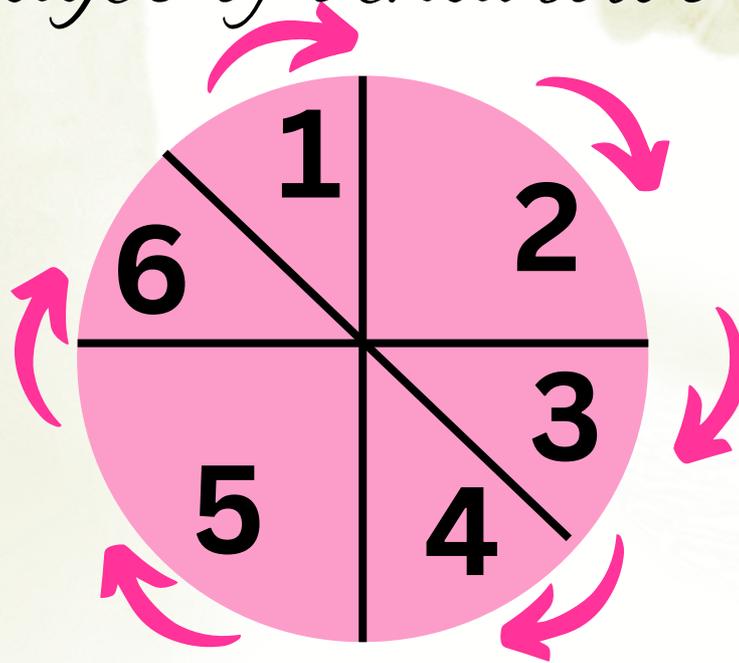
This is why starting small and gradual always pays off! Don't rush to create 10 new habits at once, look at it like a puzzle and do 1 piece at a time. Take 1 habit you want to focus on, then once you've formed that habit then you can move on to the next!

Now, this is the same with any kind of behaviour change as we know habits are a result of our behaviours. Therefore, you are looking at the same amount of time if you are trying to change a repetitive behaviour.

We are now going to look at the 5 stages of behaviour change!

HABITS

The 6 stages of behaviour change...



1- Pre- Contemplative/Unaware:

People that may not be interested in changing at all. They defend their current behaviours and lack awareness fo how much better their life could be. They may fail to see or recognise there is a problem, often described as resistant, unmotivated, or in denial.

2- Contemplative:

People who are aware and recognise there is a problem. There may have been a triggering event for them and being contemplative means they can and should do something to make their lives better. Giving up an enjoyed behaviour can cause a sense of loss despite the perceived gain.

3- Preparing:

A definitive change is coming, people have become aware of how serious their situation is and it's time to do something about it. Therefore, they are going to make a commitment to change and will do so within the month. This is defined as determined, ready, making plans necessary and reaffirming their desire to want to change.

The 6 stages of behaviour change...

4- Action/Trying:

This is where people have made new changes and modifications to their lives. Relapsing and temptation will be strong at this stage but there is an openness to receiving help/support. Known as the 'willpower' stage and short-term rewards to sustain motivation are commonly used.

5- Maintaining:

By this stage, people are working to consolidate any changes in their behaviour, to maintain the 'new' status quo and to prevent relapse or temptation. The former behaviour is now seen as no longer desirable and a number of coping strategies have been put in place and are working.

They need to be patient and avoid personal and environmental temptations. There is a need for them to remind themselves of the progress that has been made already and to stay on the course of change.

6- Termination/Advocacy/Transcendence:

This 'new' stage is the continuing part of any behaviour change and includes the understanding that going back to old habits or behaviours would 'feel weird' and that former problem behaviours are no longer perceived as desirable. This stage can also have an element of advocacy about it with some people committed to spreading the word to their neighbours, family members or the public at large. This sort of advocacy plays an important part in helping move other people along the behaviour change path and needs to be encouraged and supported. Relapse can occur, but it is not seen as a failure but rather as a learning opportunity to help strengthen coping strategies and support mechanisms.

The 6 stages of behaviour change...

When we look at these 6 stages of behaviour change, I want you to look and read over them and see if you can find which behaviour change stage you think you are at.

Do you think much about repeat behaviours/your current habits and how this may be playing a role in holding you back?

What behaviours/habits can you recognise or spot that you might need to work on right now?

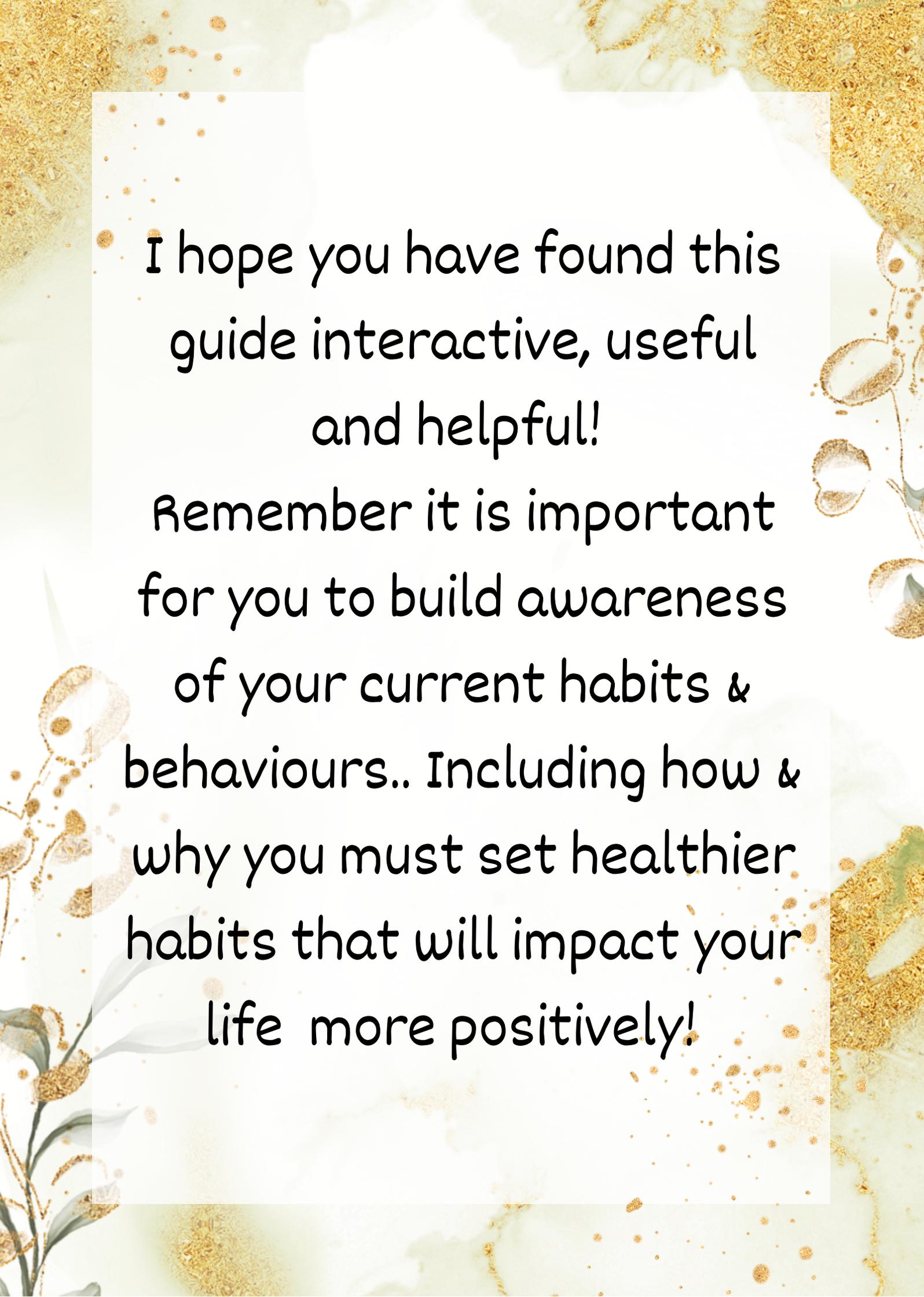
What behaviours or habits do you think you could potentially start to change?

All in all habits and behaviours are the biggest part of succeeding on your journey!

This is why it is important to ask yourself and recognise where you are at and how you can look at gradually changing it so you can lead a happier and healthier life.

Always remember the 3 crucial parts of your journey for healthy habits:

- Look at current habits/behaviours and how you can create healthier ones
- Set clear routines and structures for your week so you succeed
- Always be consistent in your efforts even if you have had a bad day or week



I hope you have found this
guide interactive, useful
and helpful!

Remember it is important
for you to build awareness
of your current habits &
behaviours.. Including how &
why you must set healthier
habits that will impact your
life more positively!