

Good morning and happy Monday team!

I hope you all had a great weekend. Last week, we discussed self-care related to being inspired. This week, we will continue to hopefully feel **inspired to create healthy habits**.

Habits are powerful. On the one hand, they help give us the mental space to not have to think about every move we make. On the other hand, not all habits are good for us, and we know it – but we still can't seem to make better choices because those bad habits are so deeply engrained. Consider that “more than **40% of the actions** you perform each day aren't actual decisions, but **habits**” (World Counts, n.d.). Think about a typical workday and all the habits that are embedded in that 24-hour period.

As you consider your habits, make note of which habits are healthy and which aren't so healthy. As we begin understanding the structure of a habit – cue to routine to reward – we can work on changing the negative habits. A **cue** is something that sets off a habit. From there, routine kicks in based on the specific cue, and that leads us to a **reward** of some sort that makes and solidifies the habit.

For example: My alarm going off in the morning is a cue. A “not-so-great” habit might be to quickly turn the alarm off.

A **healthier habit** will be to immediately get up, go to the kitchen, and drink a glass of water. The reward is that when I drink the water, I feel more awake; **that reinforces the habit**. The cue isn't going away, so I must change the **routine**, so I get my reward from a different source.

#### **This week's invitation:**

- Identify a habit that isn't serving you. Keep track of your daily habits and choose one habit that you would like to change.
- Identify the cue and the reward.
- Change your routine.
- **Keep trying**. This is not a magical process that will be totally taken care of in one short week. Habits take weeks to change, so acknowledge the baby steps you are taking. If you fall into your old habit, **forgive yourself** and recommit to trying again.

“Motivation is what gets you started. Habit is what keeps you going.”

- Jim Ryun