

A silhouette of a woman in athletic wear running on a rocky path. The sun is low on the horizon, creating a bright lens flare effect. The sky transitions from a deep blue at the top to a warm orange near the sun.

CHECKLIST

LONG-TERM HEALTH HABITS

**HOW TO DEVELOP HEALTHY HABITS
THAT LAST A LIFETIME**

Long-Term Health Habits

Checklist

One of the reasons a lot of us find it very difficult to accomplish our goals is because we've adopted unhealthy habits that have messed up the possibility of achieving our desired results or we're yet to develop healthy habits that are needed to facilitate the realization of that goal. Habits simply refer to adopted behavioral patterns that prompt constant repetition and as time goes on, they become automatic and happen unplanned. However, habits are so powerful because they have a way of aligning with the environment and they occur subconsciously. Habits do not occur as a single action, there are processes involved that turn an activity, an action, or a trait into a habit. With this, you have the opportunity to enjoy more success and fulfillment by incorporating healthy lifestyle habits and getting rid of bad habits.

Chapter 1: What are Habits?

Habits can be explained to be the automatically performed behaviors and rituals that enable us to execute vital activities like getting our teeth brushed, bathing, preparing to go to the workplace, and taking the usual routes to work daily without having to ponder over them. Habits are very helpful to us because they help in the simplification of things and make many of our regular activities appear very natural. In fact, our brains enjoy an improved capacity to take on more complex tasks such as decision making and providing solutions to problems with the resources that are freed up in the brain by our unconscious habits.

Here are some of the types of habits;

- Motor Habits
- Intellectual Habits
- Habits of Character
- Tiny Habits

- Habits of the Mind
- High-Performance Habits
- Financial Habits
- Social Habits
- Mental Habits
- Environmental Habits

Chapter 2: How are Habits Formed?

Our brain has a pattern it follows before it establishes or breaks a habit. This pattern or blueprint is referred to as the habit loop and as earlier mentioned, it involves three phases, which are the cue, response, and rewards. It's important that you know that all these three phases work hand-in-hand to develop or break a habit and there would be a collapse in the development or breaking of a habit if one of the processes is skipped.

Here are a few tips you can make use of to break bad habits;

- Dig into the Why
- Uncover Your Fear and Excuses
- Transform Your Habit Loop
- Watch out for Self-sabotage
- Have an Accountability Partner

Chapter 3: How to Make a Habit Stick

Many tend to think that habit formation is something that happens overnight or when they do a particular thing repeatedly for two days, they're quick to say they've picked up a habit. Whether you want to start hitting the gym more frequently, start eating healthily, or desire to quit smoking, building healthy habits can take months, and in fact, in some cases, it may take years! Surprised? Well, it doesn't have to take years actually, it just depends on what you do during the journey.

Building healthy habits isn't about achieving perfection but steady movement, and to develop healthy habits that will stick and last a lifetime, here are a few tips you can make use of;

- Give it 66 days
- Understand how habit works
- Beware of varieties

- Don't be quick to quit
- Use mental rehearsals
- Don't underestimate the undertow
- Use Technology

Chapter 4: 8 Important Things to Remember When Changing Habits

There are often different kinds of advice churned out by gurus over what it takes to change habits. While some would claim more motivation is needed, some would insist that there's a need to start waking up as early as 5 am, cancel laziness, or push further. However, research has shown that you can still change habits with ease without having to be motivated all the time, be hardworking, or wake up at 5 am. There are a couple of things you can do to simplify the process of changing habits and here are tangible tips you can make use of;

- Start Small
- Stay Small
- Bad Days are Inevitable
- Those Who Track It, Hack It
- Measure
- All days count
- Habits may still require your decision
- Punish and reward yourself

Chapter 5: 8 Bad Habits You Need to Quit Right Away

There's a popular quote that bad habits are hard to get out of but they're easy to get into because they're like a comfortable bed. There's nothing truer. Bad habits tend to be sweeter and give a kind of pleasurable feeling when performed but the truth remains that they're not healthy. Bad habits can have social, emotional, physical, and mental damage, and this is why they're not good for you. While it may be true that some bad habits can be quite more difficult to quit than certain others, we still can't undervalue how important it is to brace up to eliminate these unhealthy habits. Here are some habits that you must quit immediately;

- Stress Eating
- Nail Biting
- Hanging out with Naysayers
- Being with People Who Don't Appreciate You
- Smoking
- Excessive Drinking

- Eating Junk Food and Drinking Sodas
- Being Late

Chapter 6: 10 Good Daily Habits to Develop to Be More Successful

The reason you follow a particular usual routine without having to think about it is that it has become a habit. We all have habits and we activate several of them daily. While some habits can be very unnoticeable; like getting dressed and brushing teeth, some can be harmful; such as overeating, smoking, and procrastinating, and some can as well be healthy; like reading, exercising, and eating healthy. It's very important that you develop good habits because they can set you up for success, make you more likable, and be happy.

Here are some of the good habits you should develop to achieve success;

- Start Your Day with Meditation
- Be Grateful for What You Have
- Smile
- Eat a Healthy Breakfast
- Exercise Daily

- Manage Your Time
- Set Daily Goals with Intentions

Chapter 7: Healthy Habits That Will Improve Your Life

Healthy habits have been associated with self-control and a high level of discipline and they offer immense benefits to one's mental and physical well-being. While you'll feel good and enjoy improved overall well-being with healthy habits, positive habits help you build a strong foundation for success. However, healthy habits are powerful; they're potent enough to transform different areas of your life. Here are some of them

- Stock up on healthy food
- Aim to do 10,000 steps a day
- Take a walk at lunchtime
- Freeze your veggies and fruits
- Swap sugary drinks for water
- Choose an enjoyable exercise
- Avoid over-exercising
- Go to bed earlier
- Turn off technology
- Spend time in nature

Chapter 8: Easily Adoptable Healthy Daily Habits

Health is wealth and this is why you must channel your habits as a tool to explore in becoming healthier. You'll be able to make a whole lot of difference in your life when you adopt healthy daily habits. Small changes give way to big results and you can create a positive ripple effect and expose your body to intriguing benefits when you implement daily healthy habits.

In diverse ways, you can improve the quality of your life with just little modifications, and while we know that there are conspicuous options to live healthily and stay fit, there are some habits you can develop to proactively create a full, healthy life.

- Make time to read every day
- Go on a walk
- Stretch before bed
- Use sunscreen daily
- Spend time outside every day
- Drink more water

- Reduce alcohol consumption
- Ride your bike to the store