

Micro Habits for Big Changes

Hey there,

Are you ready to take small steps that create big shifts? Micro habits are your secret weapon to getting unstuck and making YOU a priority without feeling overwhelmed. Let's get started!

What Are Micro Habits?

Micro habits are tiny, easy actions that take just a few minutes each day but can lead to BIG changes over time. Think of them as building blocks toward the life you deserve.

Why Micro Habits Work:

- No Overwhelm: Small actions feel manageable, even when life is busy.
- Consistency is Key: It's easier to stick to small changes.
- You'll Feel Amazing! Every small success builds confidence and momentum.

How to Get Started:

1. Pick One Area to Focus On

Is it your energy? Your self-care? Your boundaries? Choose ONE thing to improve—it's all about focusing!

2. Choose a Micro Habit

Think super small!
Here are a few ideas:

- *Drink a glass of water as soon as you wake up.*
- *Take 5 deep breaths when feeling stressed.*
- *Write 3 things you're grateful for each night.*

3. Set a Trigger

Attach your micro habit to something you already do:

- *Drink water right after brushing your teeth.*
- *Deep breaths before checking emails.*

4. Celebrate Wins

No matter how small, celebrate! Reward yourself with a smile, a positive affirmation, or a happy dance.

Worksheet: Make It Happen

1. My Focus Area:

(What do you want to improve?)

2. My Micro Habit:

(What small action can you take?)

3. My Trigger:

(What will remind you to do it?)

4. How I'll Celebrate:

(How will you reward yourself?)

Remember: You've Got This!

Slow and steady wins the race. These little steps will add up to something BIG before you know it. Be kind to yourself, and trust the process. 🌱

Download this worksheet and take that first tiny step towards a happier, healthier you!

Tash the Therapist
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