

Wellness with Krystal

Guided Workbook

**BUILD BETTER
HABITS IN
5 MINUTES**



How to Build Better Habits in 5 Minutes

Welcome to the BBH workbook.

You're about to journey deep within your subconscious mind to understand what habits are holding you back from achieving your goals and what habits will lead you towards them. Let's get into it!

First, let's take a look at what habit might be holding you back... It only benefits you to be honest with yourself, here. No one else is going to see this and if you really want change, letting go is part of the process.

List 1 unhealthy or toxic habit currently in your routine:

1

Here are a few examples:

1. Smoking Cigarettes
2. Drinking Alcohol
3. Drug-use
4. Social media



Alright, let's go a bit deeper.

Why do you think this habit is holding you back?

1

How does this habit make you feel about yourself?

Write down the first 2 adjectives that come to your mind.

1

2

You're doing great! I know this can be tough. Let's switch gears...

List 5 new healthy habits to add to your routine:

1

2

3

4

5

Here are a few examples:

1. Drinking water
2. Going for a run
3. Scraping your tongue
4. Practicing yoga
5. Meditating
6. Mindful Walking
7. Reading a book
8. Listening to Podcast
9. Making breakfast
10. Learning a new language



Of these 5, choose ONE to start with. Think easy and achievable. (5 min)

Choose 1 new habit to focus on today.

1

Awesome! This is easy, right? There's a bit more to it than just writing it down but writing it down is a great start. You'll need to set yourself up for success in various ways and these are my recommendations...

How to make this really stick!

- **Use Positive Affirmations: Swap out "I can't" for "I will!"**
- **Prepare your environment to enable this new habit.**
- **Connect with people that will cheer you on.**
- **Use Social Media as an accountability partner.**
- **Use Mel Robbins' 5 Second Rule.**
- **Use cues.**

Cues are a critical part of habit building success. It's about pairing an existing habit with a new habit. For example, if you automatically get up to drink coffee everyday, you can use that as a cue to piggy back the new healthy habit like drinking water before the coffee.

Write down 1 cue to help you with the new habit.

1

How will successfully implementing this habit into your daily routine make you feel about yourself?

Write down the first 2 adjectives that come to your mind.

1

2

Kudos to you for getting this far! You must really be serious about making changes in your life and that's exactly the attitude you'll need to make it happen. Now it's time to apply what you've learned and challenge yourself.

30-DAY BETTER HABIT CHALLENGE



Step 1

Start small – choose 1 easy and achievable habit that you can do in just 5 minutes.



Step 2

1 month to make it stick. Challenge yourself to make it happen everyday for the next 30 days.



Step 3

Connect to a tribe of people that will uplift you, motivate you and keep you accountable.

Thank you for downloading and moving through this workbook.

How do you feel? If you're overwhelmed and wondering how you're going to make these changes happen on your own, you are not alone.

I have heard many people tell me, "I know exactly what I need to do but I'm having trouble getting started or staying motivated to make it last."

Will power is not sustainable for most and does not take you the distance. Having access to a supportive group to cheer you on can make all the difference in whether you fail or succeed.

You can do it alone but it's harder. It's much easier to make these changes with a tribe. Join to our **Build Better Habits** group on WhatsApp to connect with other high achievers who are building better habits and holding each other accountable as they transform their lives!