



## Build a Better Life - The 30-Day Challenge

Congratulations on completing the [Build a Better Life - The 30 Day Habit Challenge](#)! Over the last four weeks you have tracked your habits and made changes to improve those habits. Keep up the momentum and continue working on your habits!

**[Habit Challenge Smartsheets Form \(Due Friday, November 1st\)](#)**: This form is to help you track your personal habit journey throughout this challenge. The questions are meant to guide you through self-reflection with your habits as they change.



### Help Your New Habits Grow

Observe your habit patterns and identify what triggers unhealthy habits. Repetitive behaviors that make you feel good can create habits that may be hard to change. Habits often become automatic—they happen without much thought.

- Make a plan that includes small, reasonable goals and specific actions you'll take to move toward them. Consider what you think you'll need to be successful. How can you change things around you to support your goals? You might need to stock up on healthy foods, remove temptations, or find a special spot to relax.
- Keeping a record can help. You can use a paper journal, computer program, or mobile app to note things like your diet, exercise, stress levels, or sleep patterns.
- Some people have a harder time than others resisting their impulses. Learn to postpone immediate gratification by imagining future positive experiences or rewards. This is a great way to strengthen your ability to make decisions that are better for you in the long run.
- Building new habits takes time and is not easy, so be patient with yourself. You're never too out of shape, too overweight, or too old to make healthy changes. Try different strategies until you find what works best for you.

**Information obtained from:**  
[Creating Healthy Habits - National Institutes of Health](#)