



Week One: Build a Better Life - The 30 Day Habit Challenge

Welcome to the first week of the [Build a Better Life - The 30 Day Habit Challenge!](#) This week you will track your normal daily habits in the packet you received via mail.

You will use this information to identify habits that may need improving. Use your challenge packet as a tool to help track your habits.

Each Monday you will receive a *Smartsheet* email to record your progress.

Creating new habits can be challenging and overwhelming. Start by making the new habit small and specific. For example, instead of deciding to eat healthier you could pick something like not drinking your calories or reducing your daily sugar intake. Once this becomes a habit you can add another small, specific goal.



How to Upgrade Your Morning Routine

A good start to a productive, successful day depends on your morning habits and rituals. Here's how to make your morning routine healthy, inspiring, and easy!

How do you wake up?

- When you open your eyes in the morning what do you usually do in the first few minutes?
- Do you go back to sleep, then reach for your phone and jump out of bed because you're already late?

You may start each day with a few of these:

- Brush your teeth
- Take a shower
- Get dressed
- Do your makeup and/or hair

Add a small healthy habit:

Think back to your typical morning routine, and you'll find that you may have several potential spots to add a small new habit. The small habit could be:

- A few mindful breaths
- Pack a healthy lunch or snack
- A glass of water
- Setting a priority for the day
- A moment of gratitude or meditation
- Five push-ups
- Stretching

Once you add one small habit, it's easier to expand. Maybe the five push-up turns into ten over time. What tiny habit are you going to add onto your morning routine?

Source: [American Heart Association](#)