

21-Day Wellness Challenge!

Experts agree it takes 21 days to break a bad habit and form a new one.

1. Choose one unhealthy habit you wish to eliminate or change. Or, choose a healthy habit you want to adopt as part of your behavior.

2. Now that you have decided which unhealthy habit to eliminate, or new habit to adopt, decide on the date you will begin your behavior change.

"On November 18, 2011, I will _____

3. Count ahead 21 (29!) days and mark that date down: **December 16, 2011**. Now, make a commitment that you will follow your plan for 21 days.

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Helpful Suggestions

Your target date has arrived: **November 18th, 2011**. This is the start of your 21-day cycle. Here are some helpful suggestions for habit change:

1. Write down your goal in positive terms
2. List your reasons for changing or eliminating your habit.
3. Find substitute routines.
4. Talk to yourself. Remind yourself that you are moving closer to your goal.
5. Recruit helpers for support.
6. Be prepared for people who may sabotage your change.

Sustaining Motivation

The following are some suggestions to follow each day in order to sustain motivation and determination:

1. Review your list of reasons for quitting or changing.
2. Create mental pictures of yourself as having already succeeded with your habit change.
3. Make affirmations, positive self-statements about your habit change.
4. Reward yourself. Make up a list of self-rewards. Reward yourself verbally.
5. Remember to take one day at a time. If you do backslide, don't label yourself as having failed. Get out your list or reasons for quitting or changing and begin again.

Fatigue, boredom, depression, stress can all make it difficult to stick with your program. But having a relapse isn't as important as how you deal with the relapse. If you allow for an occasional relapse and treat it as nothing more than a slight misstep that teaches you something, then you're on the right track.

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My healthy habit: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Nov 18	19
					Start date	
20	21	22	23	24	25	26
	Keep your sense of humor	You are awesome	You can do it! Ask for support	Why are you doing this?	Great job!	
27	28	29	30	Dec 1	2	3
	Half way there	We believe in you	Encourage your teammates	November is over!	Enjoy a healthier you	
4	5	6	7	8	9	10
	What does success look like?		What does success feel like?	21 days!		
11	12	13	14	15	16	17
	Is your eye on the prize?				Celebrate!	