

THRIVE HIVE
MONTHLY CONTENT



Building Healthy Habits

INTEGRATION
WORKSHEET

Habit Inventory

As awareness is the first pillar of any transformation, the first step in our process of building healthy habits is to take an inventory of where you are right now.

- What part of your mental, physical or spiritual health needs your attention?
- What needs to change in the areas of sleep, physical wellness, food, hydration, downtime, meditation, journaling, your financial life, self-care, etc.?
- Can you identify any experiences that trigger your bad habits?

Please use this information as the foundation of what healthy habits you will build and to raise your awareness about situations that might set you up to self-sabotage.

Schedule Success

Once you decide what healthy habits you would like to incorporate into your life, you will physically add them to your calendar. As I said in the Monthly Mindful Focus video, please start small and be consistent. This may look like adding ten minutes of walking three times a week. It is crucial to avoid the “All or Nothing” mentality here. As tempting as it may be to change everything all at once, it is not sustainable and is a set up for failure. Please start small and as new behaviors start to be integrated into what becomes your new normal, then you can add more new behaviors to your calendar.

Accountability

Carving out time and prioritizing new habits in your calendar is one way of ensuring accountability and finding an accountability partner or using our groovy group for accountability are also options.

Inspiration

Rewarding yourself in big and small ways for keeping your word to yourself can look like new workout clothes, dedicated time to take a nap or a luxurious tub or whatever feels like a reward to you. Also using dry erase markers and sticky notes to write motivational and inspiring messages of love and support to yourself might feel weird at first but trust me once you start, I think you will love it! Reading inspirational stories of others successfully doing what you want to do is not only inspiring but can also give you strategy ideas as well.

No Compare + Despair

Start where you are and don't compare yourself to anyone else. You are the only you and your journey will be as unique as you are!

Resource list

Zumba

<https://www.zumba.com/en-US/>

Tai Chi

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/tai-chi/art-20045184>

Patricia Moreno intenSati

<https://patriciamoreno.com/>

Deb Kern Dance

<https://drdebkern.com/classes>

Yoga

<https://www.elitedaily.com/p/10-yoga-youtube-channels-thatll-take-your-practice-to-the-next-level-8681031>

Safe Stretching

<https://www.youtube.com/watch?v=UeCSQ3VKJts>

Optional Journal Prompts

What limiting story has gotten in the way of your healthy habits in the past?

Please write about anything you have accomplished in the past that has made you feel proud or masterful...

Please expand on this statement, "If I stuck to my healthy habits the people in my life would feel or react..."

Please use this space to create a full visualization of how your life looks and feels with your healthy habits securely in place.

What is different?

Be as detailed as you desire and feel the feelings of having what you want as you write the visualization of your life with your healthy habits in full effect.



Terri Cole is a licensed psychotherapist and global leading expert in mindfulness, meditation, relationships, and wellbeing. For two decades, Terri has worked with some of the world's most well-known personalities from international pop stars to Fortune 500 CEOs. She empowers over 100,000 women weekly through her platform, online community + popular podcast, The Terri Cole Show.

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