

30 DAY HEALTH & WELLNESS

MICRO-HABIT CHALLENGE



WELCOME

We are so excited you decided to jump into this challenge and create lasting habits that serve your overall well-being. We can't wait to see the amazing progress and positive changes that you'll make along the way.

TABLE OF CONTENTS

INTRODUCTION

What are micro-habits, How to get started with the challenge, How to implement micro-habits.

MICRO-HABITS

Here you will find the five micro-habits and all the fundamentals you need to know for the challenge so that you can be successful at it.

RESOURCES

Here you will find all the resources needed to keep track of the challenge and see your achievements. Micro-Habit tracker.

CONCLUSION

Find a thank you note and further details from the author.





HOW TO GET STARTED

Every day for 30 days, you will focus on five suggested micro-habits below to include into your daily routine:

1. Drink a glass of water as soon as you wake up.
2. Incorporate more vegetables into at least one meal.
3. Meditate for a minimum of 5 minutes per day.
4. Go for a 10-minute walk or do a 10-minute stretch.
5. Be present while eating at least one meal.

Included in the workbook are comprehensive resources and essential information to effectively integrate these micro-habits into your routine, resulting in a better understanding of their significance for your overall well-being.

If you find you already do these practices, I will provide alternative ideas below to turn them into long-term habits that you can continue to implement on a greater scale.

WHAT ARE MICRO-HABITS?

Micro habits are small, simple, and easily achievable actions that, when repeated consistently over time, can lead to significant changes in behavior and lifestyle outcomes.



HOW DO YOU CREATE MICRO-HABITS?

IDENTIFY SPECIFIC GOALS

The first step in developing micro habits is determining your plan and what behaviors you would like to implement in your life that will serve you. This could be anything from exercising regularly to producing a daily meditation practice. Start slow and simple.

BREAK DOWN LARGER GOALS INTO SMALLER, MANAGEABLE STEPS

Micro habits work by breaking down larger goals into smaller, incremental steps that are easier to accomplish and maintain. Eg. If your goal is to commit to working out simply start by creating a habit of putting out your gym clothes the night before.

FOCUS ON CONSISTENCY

The key to developing effective micro habits is consistency. It's better to perform a small daily action to create sustainability than to do a big task that will leave you feeling overwhelmed. This usually creates a feeling of pressure leading to no longer implementing the habit.

TRACK YOUR PROGRESS AND ADJUST AS NEEDED

Regularly monitoring your progress will help you determine whether your micro habits are working and if you need to make any necessary adjustments. Always remember to celebrate your successes and reward yourself for your progress, no matter how small.

1.

DRINK A GLASS OF CLOVE WATER AS SOON AS YOU WAKE UP.

Boil water with a few cloves and drink it once it's warm. You can drink this daily, especially in the morning.

Cloves are a potent spice with numerous health benefits, from enhancing sexual health and reproductive health to supporting heart health and potentially reducing cancer risk. Their antioxidant, anti-inflammatory, and antimicrobial properties make them a valuable addition to a healthy diet. By incorporating cloves into your daily routine can improved your overall health and well-being. However, it's essential to consider individual health conditions and consult with healthcare professionals when integrating cloves or any herbs into a health regimen.

Here are just a few health benefits of cloves:

- Digestive Health: Consume cloves water or use cloves in cooking before or after meals to aid digestion.
- Oral Health: Use cloves water as a mouthwash in the morning and at night for oral health.
- Blood Sugar Regulation: Drink cloves water in the morning on an empty stomach to help regulate blood sugar levels.



2.

INCORPORATE MORE VEGETABLES INTO AT LEAST ONE MEAL

Incorporating a variety of vegetables into your meals can provide numerous benefits for your health. Vegetables are low in calories and high in fiber, vitamins, and minerals. They can also help improve digestion, boost your immune system, and reduce the risk of chronic diseases.



As part of this habit challenge, if you typically don't eat enough vegetables, I suggest aiming for at least 2-3 servings of vegetables in a single meal. The idea behind starting with a micro-habit is to begin with a small, manageable step that won't overwhelm you by adding it to every meal. However, if you already eat a significant amount of vegetables, its then encouraged to consciously aim for 2-3 servings with each meal.

TIPS TO HELP YOU GET MORE VEGETABLES IN YOUR DIET:

- Add vegetables to your breakfast - Such as spinach in your smoothie or grilled vegetables in your omelette.
- Incorporate a large salad as a side dish with lunch and dinner.
- Try new vegetables and find ones you enjoy. Experiment with different cooking methods, such as roasting, grilling, or steaming.
- Use vegetables as a base for your meals, such as a veggie stir-fry or a vegetable-packed pasta dish.
- Keep healthy snacks, such as raw veggies and hummus, on hand for when you need a quick bite.

SUGGESTED VEGETABLES:

- | | | |
|--------------------|------------------|----------------|
| • Broccoli | • Celery | • Bell peppers |
| • Spinach | • Eggplant | • Cabbage |
| • Brussels sprouts | • Beets | • Green peas |
| • Artichokes | • Radishes | • Zucchini |
| • Asparagus | • Collard greens | • Cucumber |
| • Carrots | • Turnips | • Green beans |
| • Cauliflower | • Cucumber | • Onions |
| • Sweet potatoes | • Rutabaga | • Tomatoes |
| • Snow peas | • Jicama | • Butternut |
| • Bok choy | • Leeks | |

3.

MEDITATE FOR A MINIMUM OF 5 MINUTES PER DAY.

Meditation has been proven to have numerous positive effects on overall mental and emotional health, including reducing stress, enhancing focus, concentration, and increasing feelings of calm and peace.





Meditation is a simple, yet powerful tool that can be incorporated into your daily routines for improved health and happiness. It can be as simple as taking a few minutes each day to sit quietly and focus on your breath.

During this habit challenge, it's encouraged to aim for a minimum 5-minute meditation each day.

TIPS TO HELP MAKE THIS A PART OF YOUR ROUTINE:

- Set aside a specific time each day for meditation, such as first thing in the morning or before bed.
- Create a quiet and peaceful environment for your meditation.
- Start with a short amount of time, such as 5 minutes, and gradually increase as you become more comfortable.
- Use guided meditations or apps to help you get started and stay on track. Ex. Calm or Insight Timer
- Do not overthink it. When the mind wanders, simply come back to the breath.

4.

WALK FOR 10 MINUTES A DAY

Simply walking a minimum of 10 minutes per day can improve cardiovascular health, reduce stress, boost energy levels, burn calories, reduce depression, and increase mindfulness.



Walking is one of the easiest and most accessible forms of physical activity. If you are someone who struggles to workout or simply works from home and does not get out enough into the fresh air, then creating this habit can have a profound positive impact.

During this habit challenge, it is encouraged to aim for a 10-minute walk each day. If you feel drawn to walk longer - go for it. If you are someone who walks more than 10 minutes a day use this challenge to set a push goal and walk longer than you usually do.

TIPS TO HELP MAKE THIS A PART OF YOUR ROUTINE:

- Schedule your walk for the same time each day to make it a habit.
- Find a walking partner for accountability and company.
- Use your walk as an opportunity to listen to music, podcasts, or audiobooks.
- Vary your route to keep it interesting.
- Incorporate a scheduled 10-minute walk into your workday by taking a short break.



5.

BE PRESENT WHILE EATING AT LEAST ONE MEAL.

By taking the time to be present while eating, you improve your physical health, mental well-being, and overall enjoyment of food. Make a conscious effort to put away distractions and savor each bite, to experience the many benefits of mindful eating.



BENEFITS OF BEING PRESENT WHEN EATING:

- **Improved digestion:** When you eat while distracted, you tend to eat too quickly and swallow air, which can lead to indigestion and bloating. Eating mindfully can help you slow down and chew your food thoroughly, promoting better digestion.
- **Better food choices:** When you're present while eating, you're more likely to pay attention to what you're putting in your mouth and make healthier food choices.
- **Enhanced taste experience:** Eating mindfully can help you fully appreciate the flavors and textures of your food, making the experience of eating more enjoyable and satisfying.
- **Decreased overeating:** Being present while eating can help you become aware of your body's hunger and fullness cues, reducing the risk of overeating and promoting healthy portion control.
- **Improved mental health:** Mindful eating can help reduce stress and anxiety, as well as improve your mood and overall sense of well-being.
- **Better connections:** If you have a partner it is a great time to be present with one another without any unnecessary distractions. This creates deeper connections throughout our day.

TIPS TO BE PRESENT WHILE EATING:

- Keep your cell phone away from the area you are eating.
- Focus on the aromas and texture of the food.
- Decide what meal you will be present for and encourage a friend, partner, or family member to join you.
- Turn on some relaxing music.
- Turn off all television or news outlets.

HEALTH & WELLNESS MICRO-HABIT IDEAS

If you feel drawn to do so, you are welcome to add some of these to the challenge or incorporate them into your routine after. It is encouraged to not do too many at once - Start small.

- ☐
- ☐ DRINK A GLASS OF WATER AS SOON AS YOU WAKE UP.
- ☐ DAILY WALK
- ☐ JOURNAL FOR ONE TO FIVE MINUTES IN THE MORNING.
- ☐ MEDITATE OR TAKE A MOMENT TO PAUSE
- ☐ EAT ONE FRUIT OR VEGGIE WITH EVERY MEAL.
- ☐ READ 5 PAGES OF A BOOK PER DAY
- ☐ BED BY 10PM
- ☐ WAKE UP AS SOON AS FIRST ALARM GOES OFF
- ☐ TAKE A MOMENT TO STRETCH YOUR BODY
- ☐ DO AN ACT OF KINDNESS
- ☐ NO SOCIAL MEDIA AFTER 10PM
- ☐ MAKE THE BED AS SOON AS YOU WAKE UP
- ☐ TAKE A BATH
- ☐ NO PHONE IN BED
- ☐ PRACTICE NO CELL PHONE USE AS SOON AS YOU WAKE UP
- ☐ STAND FOR 2 MINUTES OF EACH HOUR
- ☐ INCREASE PROTEIN INTAKE
- ☐ BE PRESENT WHEN EATING A MEAL (IE NO PHONE USE)
- ☐ GET OUT IN TO NATURE
- ☐ FOOD PREP AT LEAST ONE MEAL FOR THE WEEK

DATE: / /

MORNING ROUTINE

M T W T F S S

A handwriting practice sheet with five rows of dashed lines for tracing and a grid of circles for dot markers.

HEALTH + WELLNESS

M T W T F S S

SELF-CARE + WELLBEING

M T W T F S S

EVENING ROUTINE

M T W T F S S

THANK YOU FOR JOINING IN THE CHALLENGE

We look forward to hearing about your journey to
better health.



Questions?

Drop us an email

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Nature's Love
Language

