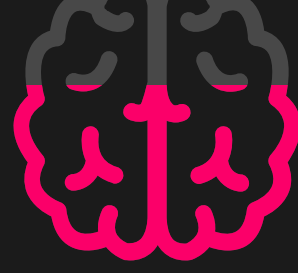


# making a habit

Instead of relying on self-control and will power, use **good habits** to reach your health goals!

## habit [hab-it] noun

an acquired behavior pattern regularly followed until it has become almost involuntary



40% of our daily behaviors are habits<sup>1</sup>

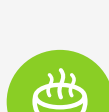


### Characteristics of a habit

- Unconscious
- Automatic
- Complex or simple
- Subject to change
- Conserves self-control
- Everyone has them

## healthy habits

Here are some examples of healthy habits you can start today:



### FOOD

- Make low-carb choices
- Homemade over fast food
- Eat your veggies



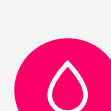
### ACTIVITY

- Get outside
- Take the stairs
- Stand more, sit less



### MEDICATION

- Set reminders for your meds
- Keep Rx's up-to-date



### BLOOD SUGAR

- Check blood sugar often
- Keep a record

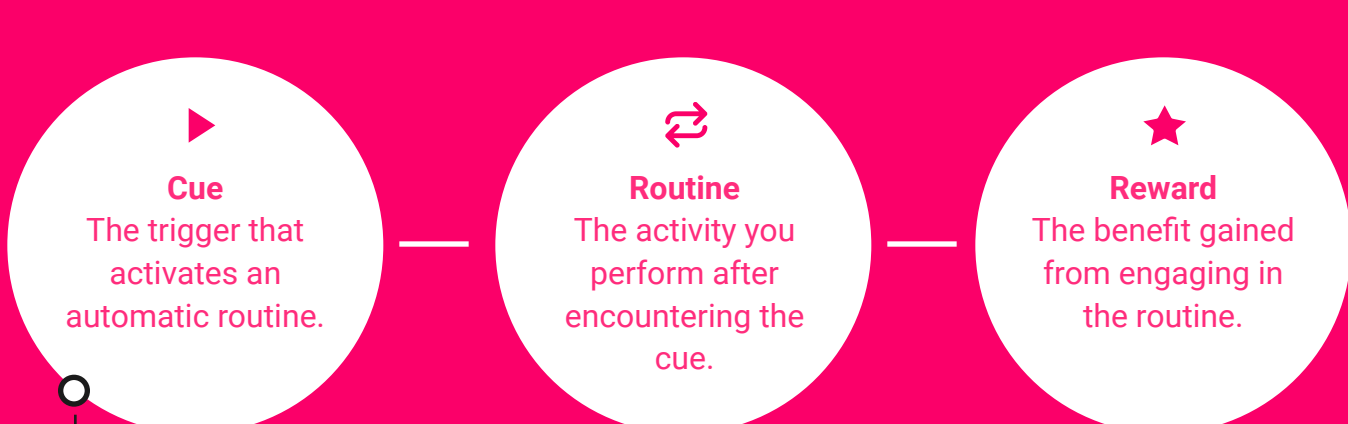
## how to start a new habit

Making a new habit may sound tough, but it's much easier if you understand how habits work

### THE HABIT LOOP



A habit is a 3-step loop. Each time your brain runs through these steps, a habit becomes more natural and automatic.



- +** **Make** a habit by linking the cue to a healthy routine (stressed → exercise)
- ×** **Break** a habit by avoiding the cue and finding a new routine!

Pay close attention to your behavior. Toxic patterns can easily become habits.

## 66 days

Be patient! Research shows it may take up to 66 days for a new behavior to become a habit.<sup>2</sup>



**Make it simple**  
Start with small changes.

**Be consistent**  
Make your habit a part of your daily routine.

**Teamwork**  
Find an accountability partner who can keep you motivated.

**Remove temptation**  
Set up the ideal environment for change by removing cues.

**Do it for YOU**  
Create and keep habits that help you achieve goals that are personally motivating.



Navigating diabetes, together.

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References:  
1. <https://dornsife.usc.edu/assets/sites/208/docs/Neal.Wood.Quinn.2006.pdf>  
2. <http://onlinelibrary.wiley.com/doi/10.1002/ejsp.674/abstract>