

Coaching Tips for Developing **NEW HABITS**



The purpose of this tool is to provide you with tips to master new habits. Developing new habits requires intention, motivation, and practice

Keep in mind if you want to change a behaviour, the information is useless until it becomes a habit. We recommend exploring the below HABIT Mnemonic:



H **Hold yourself accountable for a clear goal.** Determine what knowledge and skills you need and what programs or structures can keep you on track to develop a habit to reach your goal.



A **Accept there are no shortcuts to developing mental fitness habits.** Developing a habit that will stick requires practice and awareness that there will be distractions. The reward that can be gained from any mental fitness habit, like meditation, takes time.



B **Believe you are human and no different than anyone else.** This means setting an expectation that learning any habit requires knowledge and skills. Some micro-skills, like emotional regulation, may take longer to understand before you can practice them.



I **Invite others to hold you accountable.** Many do much better when they tell others what they plan to learn and why. Tracking daily progress in a logbook of your actions is another good way to hold yourself accountable.



T **Take the necessary time, and do not put yourself on a set clock.** Be open and accept that some micro-skills you would like to become habits may take longer to develop. This does not mean they are not valuable or impossible for you to develop.