

Which ONE habit would you like to improve?

turn my work phone off

Wake up earlier

10 mins of movement
every day

Movement

10mins of movement per
day

Stop using snooze

Lunch time walk without
the phone on

return to the gym

Which ONE habit would you like to improve?

Set bedtime and wake up time

Drink more water

Not using my phone on a morning

Find my yellow box first!

cycle 3 times a week

Have a set bedtime

Phone Home

Reading 10 pages before sleeping.

Which ONE habit would you like to improve?

20 mins walk each day on my lunch break

Leave my phone in another room in the evening

movement

10,000 steps

Limit the time scrolling and checking phone

set wake up time no snooze

Drinking enough water

Stick to a set/earlier bed time

Which ONE habit would you like to improve?

Read before bed

Less time on my phone,
especially X

Drink more water

get out of bed when my
alarm clock goes off

Read for 10 mins first
thing in morning and last
thing at night

Walk my dog earlier in the
morning

Stop snoozing

Limit phone use

Which ONE habit would you like to improve?

Phone in a home

regular set bedtime and
wake up time

improve sleep habits

Switching off from work.

Do some exercise
everyday

To leave front door with a
smile

Have a daily routine -
wake up and bed at a
certain time

not snoozing

Which ONE habit would you like to improve?

10 minute exercise before work

better sleep habits

Use the time I usually go back to sleep to read a bit of my book.

read in the morning

Less TV

Wake up earlier
Morning Walk

Put phone away in evening

increase daily movement

Which ONE habit would you like to improve?

10 mins movement per day

delegate work

Put phone away and read 10 minutes before bed

No phone around bedtime

10 minutes exercise per day

Feed myself every morning ahead of launching into meetings

Meditate for 10-15 mins first thing

Go to the gym twice a week

Which ONE habit would you like to improve?

A least five mins of meditation first thing when I wake up

going to bed on time and waking up before the kids so I can have abit of quite before the day starts

10 mins Movement in the morning

run more with the dog - take a longer route on my dog walks

Stop checking emails first thing & stretch instead

regular exercise and prayer

get outside in the fresh air every day

10 mins of movement each morning before checking the phone, before breakfast. Daily yoga or squats.

Which ONE habit would you like to improve?

Start a daily movement session walking or tai chi

Tell myself something positive in the morning when i wake up

Get up earlier

Have a set Bedtime

less phone time

Go for a walk with my husband every morning

Morning and bedtime meditation

exercise

Which ONE habit would you like to improve?

A short yoga session in the morning

Breakfast & 10 mins movement

exercise

Improve morning routine - no phone and move more

Stick to my working hours

Stick to a set bed/wake up time, and spend a few minutes in the morning getting ready for the work day ahead

Better sleep hygiene

Spend less time on my phone. I will give it a home and use it only at certain times.

Which ONE habit would you like to improve?

Return to exercise

Walk more

Gym x3 per week

Reduce TV time

I try to get out every lunch break, probably manage 2 out of 3 but need to make it 3 out of 3 times

I will commit to doing my 50 squats a day that I started in lockdown to raise money for Refuge.

My new year's resolutions are:- get dressed everyday- put timers on my phone- cook one new meal a week

Move more

Which ONE habit would you like to improve?

Not eat snacks

Play more music

Body and mind relaxation exercises

Walk the dog

10 minutes of Yoga & Meditation to start the day

Eat breakfast regularly.

Dont log on to work before the kids leave the house so that im present

move more rather than procrastinate in a morning

Which ONE habit would you like to improve?

My time is my time

I started this about 10 days ago.
Set bedtime. Phone alarm goes
off at 10.45pm - my trigger to get
off to bed. Wake up so much
brighter.

Keep going with the gym

Dance to music

Improved quality of life

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