

BABY HABIT CHEAT SHEET



BREATHING

ONE BREATH: 10+ SECONDS

Close your eyes and bring your focus to your breath. Inhale deeply through your nose and exhale as slowly as you can. Feel the sensations in your body and connect with them.



MINDFULNESS

MINDFUL EATING: 0+ SECONDS

When you sit down for a meal or snack focus your full attention on the sensations of eating and drinking. Drink or eat as slowly as you can. Chew more than seems necessary and above all enjoy the present moment where you get to eat. Close your eyes and feel the most subtle sensations in the present moment. This habit takes effectively no time as you are using your normally scheduled eating time.



VISUALIZATION

YOUR NEXT STEP: 10+ SECONDS

Close your eyes and imagine you are performing the next important task of the day. Imagine yourself performing this task perfectly with confidence. Picture every minor detail of the task and imagine the feeling of pride and satisfaction you get when completing the task. Open your eyes and go to face your task.



LEARNING

ONE SENTENCE: 10+ SECONDS

Read just one sentence from one of the Thriving courses or from a book that either develops skills that are important to you or from a topic that interests you or gives you joy.



MOVEMENT

QUICK PUMP: 30+ SECONDS

Drop to the floor and do pushups for 30 seconds. Alternatively, Try performing bodyweight squats, planks, pull-ups, or a combination thereof for your short burst of movement.



DIET

HARA HACHI BU: 0+ SECONDS

During at least one meal each day stop eating when you feel roughly 80% full. Since you already eat this technique takes no additional time out of your schedule. You can actually save time in your schedule with this technique by spending less time eating than normal.



COLD

CONTRAST SHOWER: 30+ SECONDS

After your regular warm shower try 30+ seconds of refreshing cold water.



EMOTIONAL REGULATION

FIND YOUR LEVEL: 10 + SECONDS

Close your eyes, take a deep breath, and observe yourself impartially and compassionately. What is your stress level from 1 to 10? (with 1 meaning you feel amazing and 10 being severely stressed out). Accept your stress level and consider delaying decision making and removing yourself from the situation if you are at 7 or above.



GRATITUDE

A WEE BIT GRATEFUL: 30 + SECONDS

Write down one thing that you are grateful for. Alternatively, spend 30+ seconds writing as many things as you can that you are truly grateful for.



CONNECTION

BE HUMAN & CONNECT: 10+ SECONDS

Get in touch with a loved one, friend, or lost connection. Just send a quick text, call, or ideally talk in person or even better- do something fun or active with another person.



GOALS & VALUES

ONE IMPORTANT GOAL: 30+ SECONDS

Write down the most important goal in your life right now and the deadline for achieving this goal. Alternatively, write one thing you will do to achieve this goal today.



BEHAVIORAL DESIGN

PREPARE: 10+ SECONDS

Prepare a space for an important habit so that you can easily and quickly start that habit. Examples include setting up your workspace and computer, your exercise space, or your meditation nook. This can be as simple as setting out your workout clothes for the next day or opening all the correct windows on your laptop.



PRODUCTIVITY

MEANINGFUL ACTION: 10+ SECONDS

Plan one activity for today that if completed will provide you with a sense of purpose or meaning and commit to a time frame to complete it. Lean toward activities that have brought you meaning or joy in the past, are active, or that involve connecting with others.