

# BREAKING DOWN 3 COMMON BARRIERS to Maintaining Habits

*Habits are tools to navigate challenges and foster resilience in your life. By incorporating positive daily routines, you can enhance your mental health and well-being. Staying on track can be tough!*



## RESEARCH ESTIMATES:

 60%

of individuals reported not engaging in any form of stress management or relaxation techniques on a regular basis.

 75%

of individuals who set New Year's resolutions fail to maintain them beyond the first month.

 80%

of individuals who start a new exercise regimen or fitness program eventually abandon it within the first few months.



*Sample habit trackers are included on page 3*

## #1 Lack of Consistency

*Life's demands, unexpected events, or competing priorities can disrupt your routines and make it difficult to stick to your habits consistently.*

- ◀ **Make it visual.** Create a simple habit tracker, either in a journal or through digital tools, to visually track your progress and maintain consistency. Set a daily or weekly goal and mark off each day you successfully complete your habit. The visual representation of your progress can help you stay motivated and accountable.

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## #2 Lack of Motivation or Willpower

*Remember that motivation can fluctuate, and it's normal to have temptations and off days.*

- ◀ **Find your WHY.** Connect with your deeper motivations and remind yourself of the benefits and positive outcomes that the habit will bring into your life. This can help strengthen your willpower during challenging times. It can be helpful to write down your why. Be specific and personal. For example, "I work out 3 days a week so that I can run after my grandkids."



## #3 Overwhelming Goals or Expectations

*When habits feel overwhelming or unachievable, it's easy to give up or lose interest. Unrealistic expectations can lead to frustration and discouragement.*

- ◀ **Establish micro habits.** Break down your larger habit goal into smaller, achievable micro-goals. Focus on one small step at a time, making it easier to stay motivated and build momentum. Over time, these micro-goals will accumulate, leading to the successful maintenance of the overall habit.

## We're Here for You.

Your Perspectives Assistance Program provides valuable support and resources to help you develop and maintain habits to enhance your health and well-being.

800.456.6327 | [perspectivesltd.com/assistance-program-links](https://perspectivesltd.com/assistance-program-links)





# HABIT TRACKERS

MONTH:

## WEEKLY HABITS

	W1	W2	W3	W4	W5
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## MONTHLY HABITS

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

## DAILY HABITS

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

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