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# How to Establish Healthy Habits



# What does it mean to live a life out of

intention? It means being in control of the life you want to live instead of having life happen to you. It means replacing all of your 'should's' with 'could's' It means being present to the beauty that unfolds in every moment of your life.

What does it mean to live a life out of habit? You are

stuck doing something just because you have always done it that way. You don't know why you do the things you do. You wish things were different but don't know where to start. If you want things to be different, you need to create a change!

Let's begin by defining your non-negotiables:

What makes you happy?

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What gets you excited? What do you feel passionate about?

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When was a time in your life where you felt your best?

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What were you doing?

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Who were you with?

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Why did you feel so great?

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In order to create an intentional life, you need to put daily practices in place that help lead you towards your goal(s). This does not mean that every day needs to be structured or routine – in fact trying different things that push you outside of your comfort zone is great but rather to take note on why we do the things we do, our motivation behind them, and understanding where we are doing things on autopilot.

Describe in detail a typical day from the moment you wake up, to the moment you go to bed.

The first thing I do when I open my eyes is:

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I spend most of my waking hours:

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I spend most of my day with:

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My typical diet consists of:

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My daily rituals are:

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My daily movement practice is:

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The last thing I do before I go to bed is:

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Maxwell Maltz was a plastic surgeon in the 1950s when he began noticing a strange pattern among his patients.

When Dr. Maltz would perform an operation – like a nose job, for example – he found that it would take the patient about 21 days to get used to seeing their new face. Similarly, when a patient had an arm or a leg amputated, Maltz noticed that the patient would sense a phantom limb for about 21 days before adjusting to the new situation.

These experiences prompted Maltz to think about his own adjustment period to changes and new behaviors, and he noticed that it also took himself about 21 days to form a new habit. Maltz wrote about these experiences and said, "These, and many other commonly observed phenomena tend to show that it requires a minimum of about 21 days for an old mental image to dissolve and a new one to jell."

But the problem is that Maltz was simply observing what was going on around him and wasn't making a statement of fact. Furthermore, he made sure to say that this was the minimum amount of time needed to adapt to a new change.

Phillippa Lally is a health psychology researcher at University College London. In a study published in the *European Journal of Social Psychology*, Lally and her research team decided to figure out just how long it actually takes to form a habit.

On average, it takes more than 2 months before a new behavior becomes automatic – 66 days to be exact. And how long it takes a new habit to form can vary widely depending on the behavior, the person, and the circumstances. In Lally's study, it took anywhere from 18 days to 254 days for people to form a new habit.

This is good news! We can really change our lives by changing our habits.

What new habit do you want to start today?

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Commit to doing this daily for the next 30 days. Even ask someone else to hold you accountable. See how you feel after this period of committing to something new.

# Thank You

If you'd like further support in your mindfulness and development journey, we'd love to be there for you. Please email us or [follow this link to schedule a phone consult with Samara.](#) Thank you and remember – this work only works if work it! Sending you all the love.