



# BUILDING BETTER HABITS: SMALL STEPS FOR BIG CHANGE



## ► **START SMALL**

Big changes can feel overwhelming, but small, consistent steps add up over time. Pick one habit to focus on—like drinking more water or walking after lunch—and let it grow naturally.

## ► **STACK NEW HABITS**

One of the easiest ways to build a habit is to connect it to something you already do. For example, stretch after brushing your teeth or write a gratitude note after morning coffee. Pairing habits makes them stick.



## ► **KEEP IT SIMPLE**

The best habits are easy to follow. Break goals into bite-sized steps so they fit your life. Simple actions—like prepping tomorrow's lunch tonight—help you stay consistent and avoid burnout.



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## ► TRACK YOUR PROGRESS

Seeing your progress builds motivation. Use a journal, app, or calendar to track habits. Even a simple checkmark can remind you how far you've come and keep you moving forward.

## ► CELEBRATE SMALL WINS

Every step counts. Celebrate progress, no matter how minor it feels. Recognizing your wins builds momentum and makes your new habits feel rewarding instead of like chores.



## ► BE PATIENT

Habits don't form overnight. Give yourself time, expect setbacks, and keep going. Consistency matters more than perfection—progress is what builds lasting change.

## HOW BREE HEALTH CAN HELP

Bree Health offers confidential support, coaching, and wellness resources to help you create healthy routines and stick with them. Log in through the Bree Health mobile app or visit us online to explore your benefits.