

# 12 Healthy Habits Cheat Sheet

by

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# Here Are My Top 12 Healthy Habits and Tips on Incorporating Them into Your Daily Routine

## Be in the present moment

- Say things out loud as you are doing them. For example, “I am washing my hands right now and the water feels warm.”
- Notice things like colors, sights, smells, and sounds.
- Notice people’s expressions on their faces.

## Practice gratitude daily

- Look for even the smallest things to be grateful for.
- Especially when you find yourself in the midst of being angry, find one small thing to be grateful for.
- Simply be grateful for being alive and healthy, and more health and well-being will come your way.

## Have Quiet Moments Each Day

- Take two minutes each day - that’s all it takes to be quiet.
- Be intentional about your quiet time even if you have to sit in your car for two minutes and just practice stillness.

## **Smile and laugh**

- Find something funny about each and every day even if it's the fact that nothing seems to be working according to plan.
- Smile at someone and let them smile back at you.

## **Practice one act of loving kindness to self daily**

- Be gentle and kind to yourself every day. It could be a simple act of wrapping your arms around yourself or a kind word of encouragement to self.

## **Practice one act of loving kindness to someone else daily**

- Even if you are not in the best of moods, your health and well-being will be impacted greatly when you provide one act of kindness daily. It will lift your mood and your spirits, and theirs too.

## **Practice passion**

- Take one small action step toward something you are passionate about every day.

## **Pick one way to nourish your body, mind, and spirit daily**

- Choose a category of body, mind, or spirit, and nourish yourself one way in that area daily.

## **Learn how to delegate, say no, and how to prioritize**

- Learn how to say no.
- Learn how to delegate.
- Learn time management skills like chunking your time.

## **Practice the habit of letting go**

- Let go of little things as a daily practice, and eventually you will move your way into letting go of the big stuff.

## **Connect with others**

- Take time out of your busy schedule to simply acknowledge someone daily.
- Instead of waiting for someone to reach out to you, make the first step and reach out to them.

## **Practice the art of momentum**

- Take on the practice of momentum daily by taking one small step towards your goals.
- Be enthusiastic even when you have to pull from deep down. It will eventually become a habit.

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Feel free to contact me on any of the above channels with your questions and feedback! Cheers,

*Biggi Fraley*