

Ayecan Change Daily Habits Small steps to change

1. First create a list of all the **positive habits** you have – the things you do each day or regularly. The one below is a starting point which you can change to suit you.
2. Take one of these positive habits and decide the **new habit** you want to introduce.
3. Choose a **baby step** towards that new habit - something you can easily do. Use your existing habit as a trigger for your new habit. So, add in your baby step just **after your existing habit**. Keep doing this until your new habit becomes automatic.

Existing Positive Habit	New habit to introduce	Baby step
Brush my teeth in the morning	Drink water regularly	After brushing teeth, take one glass of water
Stop at traffic lights when on red	Become calmer	After stop at red lights , take 3 slow deep breaths
Have a shower/take a bath		
Have breakfast/lunch etc		
Have a cuppa		
Listen to music		
Walk to the shops/work		
Laugh/smile		
Look in the mirror		

Finally **congratulate yourself** on doing this. Perhaps celebrate by doing a wee punch in the air and mutter yes – or whatever will work for you. This reinforces your action and helps create that new pathway. This will get stronger each time you use it. Give it a go and share what works for you. That will help others too. www.facebook/ayecanchange/