

Free Guide

to Lasting Change

**Unlock your full potential and
achieve your goals:**

Whether its for personal use OR
professional use....HHH supports you!

**THE HABIT
KICKSTART
JOURNAL**



THE PSYCHOLOGY OF HABITS

Habits are the compound interest of self-improvement.

1. Cue (Trigger)

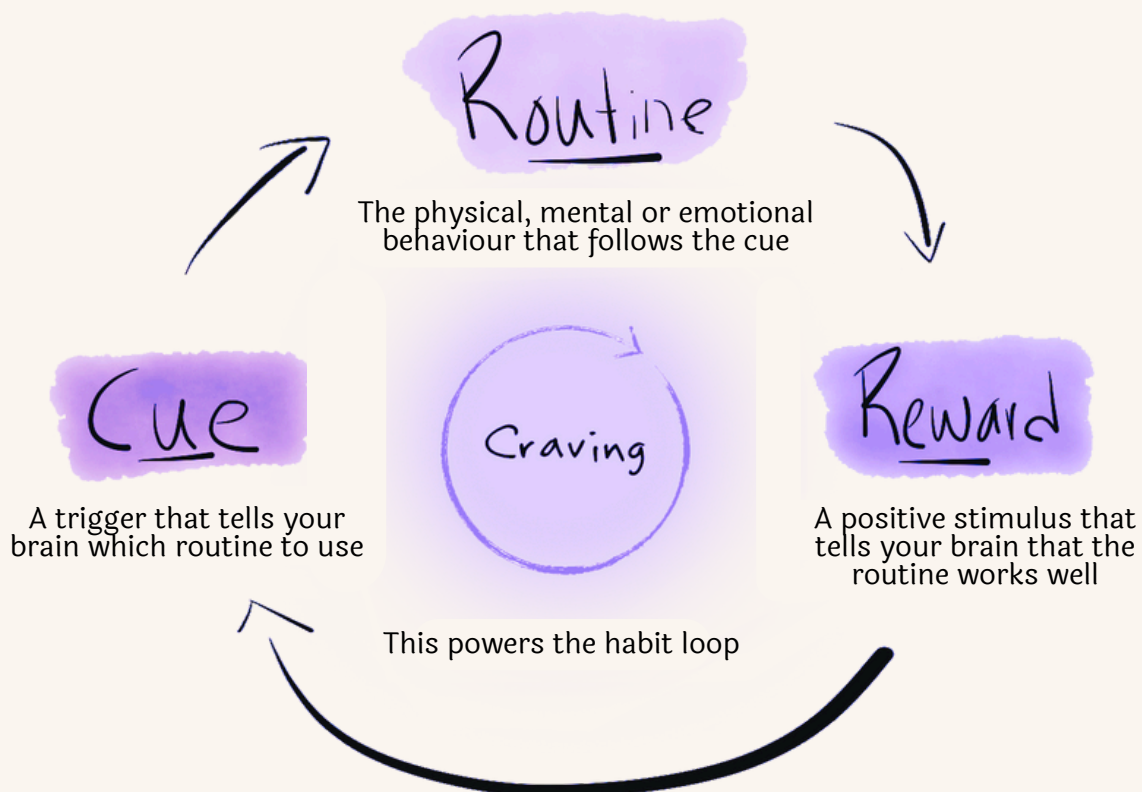
- The signal or prompt that starts the habit loop. It's the trigger that tells your brain, "It's time to start this habit."

2. Routine (Behaviour) --> Craving / response

- The routine is the action that follows the cue. It's the habit itself, whether it's positive or negative.

3. Reward

- The positive feeling or benefit you receive after completing the routine. It reinforces the behaviour, making your brain want to repeat the loop.



Neuroplasticity allows our brains to adapt, making it easier to replace bad habits with positive ones.

By setting clear goals and tracking progress, we can effectively cultivate lasting habits that enhance our lives.

HABIT JOURNAL FUNDAMENTALS



1

Define Your Goals and Habits

- Related to health, productivity, self-care, finance, relationships or learning.

2

Set Realistic and Achievable Targets

- Break your habits into smaller, manageable actions.

3

Track Daily

- Monitoring progress increases accountability, motivation and discipline.

4

Reflect Regularly

- Celebrate wins of any size (a wins a win), and identify areas of improvement.

5

Practice Consistency Over Perfection

- Consistency is key. Don't expect perfection, but try to maintain a steady habit-building momentum.

6

Use Positive Reinforcement

- Reward yourself when you hit a milestone or complete a habit. (enhance these rewards to ensure the habit sticks)

7

Stay Accountable & Leverage Social Support

- Join a community for added motivation. EG: @holistichealinghub8 is a safe platform for growth and wellness.
- Social accountability can boost commitment and help you navigate challenges that arise.

8

Be Patient

- Habits take time to form, so be patient with yourself. Trusting the process is crucial.

KICKSTART HABIT BUILDING

THE 4 STEP PROCESS



Defining your goals: Goals provide the direction you want to move toward.



Breaking Goals into Habits: Make your goals more manageable by turning them into actionable habits.



Goal Implementation Strategies: Learn effective methods to set and achieve your goals.



Identifying Obstacles: Recognise potential barriers to your success and strategise around them.

EFFECTIVE STRATEGIES

The implementation of effective strategies support your journey of self discovery and transformation. Evidence based strategies include:

- SMART Goals: Specific, Measurable, Achievable, Relevant, Time-bound
- WOOP Method: Wish, Outcome, Obstacle, Plan

GOAL SETTING FRAMEWORK

Establish a clear:

- Vision, Mission, Strategy, and Action Plan.
- Action Planning (30 - 90 Days): Structure your journey with a detailed plan that spans several months.

REFLECTION PROMPTS

Once you've defined your goals and habits, you can identify the changes that need to be actioned in order to achieve your goals and enhance your wellbeing.

- Utilising a habit journal will support you in doing so.

HABIT FORMING STRATEGIES

Complete the mini action plan to get started:

S

Specific

What exactly do you want to achieve?

M

Measurable

How will you track your advancement?

A

Attainable

Evaluate the feasibility of your goal.

R

Relevant

How does it fit into your broader objectives?

T

Time-bound

What is the deadline?



GOAL SETTING FRAMEWORK

● VISION

Write your long-term vision or what you aspire to achieve in the future.

● MISSION

Define your mission or the purpose of your goals.

● STRATEGY

Outline the general approach or plan to achieve your vision and mission.

● ACTION PLANS

List three actionable steps for each short-term goal.

REFLECTION PROMPTS

Taking time to reflect on your habit-building journey helps you stay intentional, recognise progress, and adjust where needed.

Each reflection brings valuable insight, helping you refine your path and move forward with confidence.

Use the prompts below to evaluate your growth and refine your approach.

SMALL HABITS

What's one small habit you've already started building, and how can you build on it?

Think about a habit you've recently implemented. How has it benefited you so far? What small adjustments can you make to strengthen it?

CHALLENGES FACED

What challenges have you faced in maintaining a new habit, and what strategies can help you overcome them?

Identify obstacles that have made it difficult to stay consistent. How can you adjust your routine, mindset, or environment to make success easier?

LONG TERM GOALS

How do your current habits align with your long-term goals and the person you want to become?

Reflect on whether your daily actions support your bigger vision. Are there any habits you need to modify, add, or remove to stay on track?

DEFINING YOUR WHY

Your WHY is the deep reason behind your goals and habits. It's what keeps you motivated and disciplined, when challenges arise and fuels your commitment to long-term growth.

Your WHY is your anchor.

Write it down, revisit it often, and let it guide your habit-building journey.

Take a moment to reflect and define your personal WHY using the prompts below.

**STRENGTHEN
MENTAL AND
PHYSICAL
WELL-BEING**

What is your main goal for building this habit?

Consider what you hope to achieve and how it will positively impact your life.

**BECOME THE
BEST VERSION
OF ME**

Why is this goal important to you on a deeper level?

Go beyond surface-level reasons—connect with your emotions, values, and long-term vision.

**STRENGTHEN
RELATIONSHIPS
AND SELF-
GROWTH**

How will achieving this goal improve your daily life and future?

Visualise the benefits and how they will contribute to your well-being, confidence, and overall happiness.

**REFRAME
FAILURES AS
LEARNING
STEPS**

What obstacles might challenge you, and how can you stay connected to your WHY during tough times?

Plan for setbacks and create strategies to keep yourself motivated and resilient.

7 DAY HABIT CHALLENGE

Once completing the previous templates, it is now time to take action.

Challenge yourself to implement actionable steps for the next 7 days.

Take on board the following tasks to ensure habits are optimised.

DAY
1

Set Your Intention

💡 Choose ONE habit that improves your mental clarity or emotional well-being and write down why it matters.

EG: "I will meditate for 5 minutes daily to clear my mind and reduce stress".

DAY
2

Create a Trigger

💡 Attach your new habit to something you already do daily (habit stacking). This strengthens consistency.

EG: "I will write one gratitude statement right after my morning coffee to start the day with a positive mindset.

DAY
3

Start Small & Stay Consistent

💡 Simplify your habit so it's easy to follow through, even on busy days. Small wins build momentum!

EG: Instead of "I will journal for 30 minutes," start with writing one sentence about how I feel before bed.

DAY
4

Remove Barriers

💡 Identify distractions that cloud your mental clarity or trigger emotional distress — remove them.

EG: If social media drains your energy, set a 15-minute daily limit to create space for peace and focus.

DAY
5

Reward Yourself

💡 Celebrate small wins with positive reinforcement. Rewards create motivation to stick with the habit.

EG: "If I complete my deep breathing exercises today, I'll treat myself with ___*Your favourite hobby/meal/place* ___

DAY
6

Track Your Progress

💡 Use a habit tracker to build self-awareness and recognise patterns in your mood, stress levels, and focus.

EG: "I'll note my stress level (1-10) in my journal daily to see how mindfulness affects my emotional well-being.

DAY
7

Reflect & Adjust

💡 Look back on your wins, notice how your mind feels clearer and emotions feel more balanced, and adjust as needed.

EG: "I felt more present when I limited screen time. Next week, I'll expand that by adding an evening wind-down ritual.

WEEKLY HABIT TRACKER

GOAL

HABITS

M

T

W

T

F

S

S



WHAT WORKED:

TO IMPROVE ON:

WEEKLY REFLECTIONS

Reflection draws attention to areas of improvement and highlights what changes need to unfold in order to grow and transform. Being specific through morning, afternoon and evening habits will highlight patterns to be mindful of:

EG: If you are completing your morning habits rather well, yet struggling in the evening, that might suggest shuffling your habits around to ensure priorities are getting done at your peak time.

Reminder: Celebrate your wins, even the small ones, as an accumulation of small wins, equates to tremendous growth over time. Continue to challenge yourself each week and chase that 1% improvement, day in, day out.

Be honest with yourself always...its you against you.

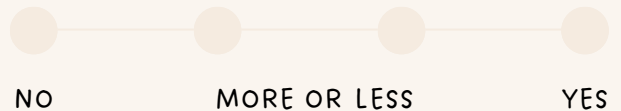
WEEKLY WINS

GOALS FOR NEXT WEEK

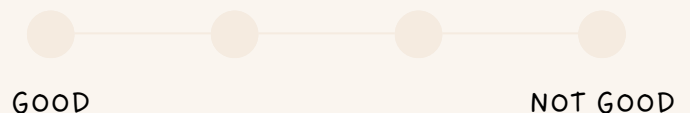
ACCOMPLISHED GOALS / HABITS:



HAVE I FULFILLED MOST OF MY HABITS?



HOW HAVE I FELT THIS WEEK?



READY TO TAKE YOUR HABIT-BUILDING TO THE NEXT LEVEL?

The full version of HHH Habit building journal will support you in doing so.

Here's a sneak peek of what's inside:

Get a glimpse of the powerful tools, guided exercises, and habit-tracking worksheets designed to help you build lasting change. And there's much more waiting for you in the full version!

[Click Here to Watch](#)

You've just completed the Habit journal Kickstarter — but this is only the beginning!

If these small steps have made an impact, imagine what long-term consistency can do for your mental clarity, emotional well-being, and overall success.

The Full Habit-Building Journal is packed with:

- ✓ Advanced habit-tracking tools for long-term success.
- ✓ The psychology of habit building.
- ✓ Habit Education & Strategy.
- ✓ Goal-oriented and Evidence based strategy templates.
- ✓ Growth and goal setting frameworks.
- ✓ Deep-dive mindset prompts to rewire your thinking.
- ✓ Exclusive strategies to break bad habits & build unstoppable momentum.
- ✓ Accountability & structure to keep you on track.
- ✓ Reflect & Refine prompts.
- ✓ Habit building roadmap towards a happier and healthier you.

✉ Have any questions or queries?

- ✉ Contact me: hello@holistichealinghub.au
- ✉ Follow for updates & more tips: [@HolisticHealinghub8](https://www.instagram.com/HolisticHealinghub8)

WHAT'S
NEXT?



Your best habits create your best life.