

Healthy Habits That Stick

7 Simple Steps for Busy Women

For mums, business owners & strong women juggling real life.

Your Checklist

Know Your Real Why

Don't set vague goals like "be healthier." Find a reason that matters to YOU.

Ask: How will this improve your life, energy, or confidence?

Use the Time You Actually Have

Work with your current schedule. Pair movement with daily habits or start with just 10 minutes.

Build Systems, Not Rely on Willpower

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Stack Small Wins

Build consistency week-by-week. Add one small habit at a time until it becomes your new normal.

Reward Progress Without Undoing It

Celebrate wins with rewards that support your identity (a new book, gym top, podcast walk).

Rework Your Default Habits

Replace unhelpful habits instead of just removing them. Default to better versions.

Be Kind to Yourself

Slip-ups are normal. Showing up again builds trust. You don't need perfection—you need persistence.

💡 **Bonus Tip:** You don't need to overhaul your life. Start small, stay flexible, and keep showing up

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