

HABIT BUILDING

9 best tricks to stick to a wellness routine

www.yogatravelrepeat.com



1. FIND YOUR WHY

Set Clear Goals:

Determine what you want to achieve with your wellness and yoga practice.

Having clear goals will help you stay motivated.



2. POWER OF ATOMIC HABITS

Start Small:

Avoid overwhelming yourself by trying to do too much too soon.

Start with a simple routine that you can easily integrate into your daily life.

This could be as short as 10-15 minutes of yoga or mindfulness meditation each day.

You can start with a free 7-days of morning clarity challenge at www.yogatravelrepeat.com/morning-clarity7



3. IT'S ABOUT SCHEDULE AND ROUTINE, NOT ABOUT WAITING FOR INSPIRATION

Schedule It:

Treat your wellness practice like any other important appointment.

Set aside specific times in your day for yoga and wellness activities, and stick to them as much as possible.

Consistency is key to forming habits.



4. ROUTINES ARE BORING? TRY THIS

Mix It Up:

Keep your routine interesting by incorporating a variety of yoga styles, meditation techniques, and wellness activities.

This will prevent boredom and help you stay engaged with your practice.



5. ATHLETES DON'T QUIT AFTER A SETBACK, NEITHER SHOULD YOU

Be Realistic and flexible:

Understand that there will be days when you don't feel like doing yoga or wellness activities.

It's okay to skip a session occasionally, as life can be unpredictable, and there will inevitably be times when you're unable to stick to your routine as planned.

Instead of getting discouraged, be flexible and willing to adapt.

Be gentle with yourself and get back on track as soon as you can.

6. GET THAT DONE [x] MARK – HOW HABIT TRACKING CAN HELP YOU

Track Your Progress:

Keep a journal or use a tracking app to record your yoga and wellness activities.

Seeing how far you've come can be incredibly motivating and help you stay committed to your routine.

- _____
- _____
- _____
- _____

7. ACCOUNTABILITY GROUP

Find Accountability:

Partnering with a friend or joining a yoga class can provide accountability and support.

Knowing that someone else is counting on you can help keep you motivated, especially on days when your own motivation is lacking.

Join: [Yoga on Repeat Community for peer support](#)



8. THE ROUTINE IS FOR YOUR WELLNESS, LISTEN TO YOUR BODY

Listen to Your Body:

Pay attention to how your body feels during and after your yoga practice.

If something doesn't feel right, don't force it.

Modify poses as needed and always prioritize safety and comfort.



9. REWARD YOURSELF REGULARLY

Celebrate Your Successes:

Acknowledge and celebrate your achievements, no matter how small.

Whether it's holding a challenging pose for an extra breath or consistently practicing yoga for a week straight, recognizing your progress will help reinforce your commitment to your routine.





**SMALL STEPS,
BIG IMPACT.**



WWW.YOGATRAVELREPEAT.COM



START WITH 7 DAYS OF MORNING CLARITY

FREE 7-DAY CHALLENGE TO
TRANSFORM YOUR
LIFE INTO CLARITY
WITH 15 MINUTES EVERY MORNING

<https://www.yogatravelrepeat.com/morning-clarity7>



**SEE YOU
ON THE MAT!**

WWW.YOGATRAVELREPEAT.COM