



Breaking Bad Habits

Making healthy changes in our lifestyles is a goal that most of us would like to achieve. However, often we find that despite our desire to implement positive change in our lives, creating adjustments can be hard to put into action and we fall back into old habits.

As creatures of comfort it is challenging to abandon the familiarities of habitual life, undertake new methods and pave new roads. Lifestyle changes can range from small adjustments, to serious shifts in the way we live our lives.

It is easy to envision the success. But actually getting there is a whole different story. However, we can ease the discomfort experienced during the transition period by developing an achievable plan.

Some tips for getting started:

Identity your triggers. Wrap your head around the problem by being aware of it. Then, you can start to implement a plan to break your bad habit.

Change takes time. Breaking a bad habit cannot be achieved overnight, so plan changes in achievable steps over time.

Perseverance. We must not fail to acknowledge that perseverance is the key. Most people who end up breaking their bad habits try and fail multiple times before they make it work.

If you need some support to make changes in your life, call 1300 687 327 to arrange a consultation with a Converge International consultant today.