

3-Month Habit Building Strategy

Transform your life with sustainable habits that align with your goals. Over the next three months, our expert coaches will help you build small, consistent habits that lead to lasting change—whether it's improving sleep, incorporating exercise, or fostering mindfulness.

Month 1: Foundation & Clarity

- Week 1:** Self-assessment & goal setting
- Week 2:** Introduce small, manageable habit changes
- Week 3:** Establish a routine and integrate habits
- Week 4:** Reflect on progress and adjust as needed

Month 2: Strengthen & Reinforce

- Week 5:** Overcome challenges and build resilience
- Week 6:** Deepen your mindfulness and emotional awareness
- Week 7:** Strengthen habits through consistency
- Week 8:** Track progress and stay committed

Month 3: Expansion & Sustaining Change

- Week 9:** Expand habits to include new areas of growth
- Week 10:** Fine-tune routines for long-term sustainability
- Week 11:** Practice mindfulness in all aspects of life
- Week 12:** Review, celebrate progress, and plan for future growth