

HOW TO
LIVEWELL

One Habit At A Time



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BOARD CERTIFIED HEALTH AND WELLNESS COACH

[FREE GUIDE]

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Hi There!

I'm so happy to have you alongside creating better habits to help you LiveWell. Over the last 10 years, I've spent the majority of my time learning the principles of health and wellness. Creating and sustaining habits is a common hurdle for many of us.

To help you on your journey to better health through habits, I've put together this supplemental guide to support you along the way. Use it as a tool as you build your LiveWell vision and the habits supporting your vision. In this guide you will find:

- ✓ Templates to creating your LiveWell Vision
- ✓ Tools to design new habits, using research-based practices for sustainability
- ✓ Additional habit trackers and resources to keep you going!

I hope these pages expand your energy and provide practical steps toward creating habits to help you reach a lifestyle that leaves you feeling well and good. If you have any questions, feel free to reach out to me. Enjoy!

In your corner,

Meg Magnusson



ABOUT ME

I coach clients who are feeling stuck in their health and wellness and are needing a partner to support their concerns, goals and vision for a thriving life.

My wellness approach is client-centered, strengths-based, and individualized, incorporating functional medicine principles and tools to bolster both physical and mental wellbeing.

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Spend time developing your vision of wellness and identify what habits will lead you there.

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WELCOME TO LIVEWELL: ONE HABIT AT A TIME

You made it! I'm so excited to have you here. The possibilities are endless of what can unfold in our lives through the power of habits. To know we have a choice in how we spend our mornings, our rhythms and transitions within the day, and our evening routine empower us to create a life we feel good about.

LEARN TO DESIGN YOUR LIFE

What would your life look like if the routines you had in place were live-giving?
Health-promoting?

Would you have more energy? Less stress and anxiety? Better health? Closer relationships? A sense of purpose?

“It is beautiful to know that I am the creator of the way I think and feel today, that I can choose now. Today, I choose to believe that the habits I create matter.

It may be hard to connect the habit of drinking more water each day to all of those things. Yet it is the intention, the purpose behind the habits, the follow-through which creates a more flourishing life.



With every small habit you put in place, the daily decisions and routines you choose, you have the ability to transform your life. As each new habit begins to take shape, you will notice your life shift, a sense and energy of what it means to Live Well.



VISION 01

BUILD YOUR WELLNESS VISION

- ✓ Live a life you love one day at a time
- ✓ Gather ideas of lifestyle habits
- ✓ Create a vision of your future self
- ✓ Identify habits of the future self

LIVE A LIFE YOU LOVE, ONE DAY AT A TIME

Your Future You

When we look at our life. What do we want more of? More joy? More energy? Better health? Closer relationships? A satisfying job or passion?

Sometimes we think about creating a vision in terms of goals. "When I have this much in the bank. When I lose this amount of weight. When I accomplish this specific thing..." We think the goal outcome will help us achieve a better life.

MUCH OF OUR LIFESTYLE
UNFOLDS IN OUR HABITS

~40%

Creating life-giving habits
can lead us to a path of great
health and wellbeing

Based on research from Duke University

Life Goals vs Lifestyle

Goals are outcome-oriented, and sometimes miss the mark in sustainability. They provide a sense of pride, a morale boost. But do they help us to live well day-to-day?

Rather than trying to build a resume, checking off one accomplishment or goal after another, reconsider what it means to build a life. How can one habit, one day at a time lead you to a lifestyle, a life you love?



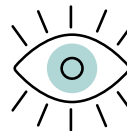
EXAMPLES OF DAILY HABITS TO HELP YOU LIVEWELL

Self-Care in the morning



- Glass of water
- Stretch-routine
- Writing gratitudes
- Short meditation/prayer
- Read an inspiring passage

Energize and recharge



- Go for a walk
- Connect with a friend
- 5 minute dance
- Eat a plant-based snack
- Mindful breathing

Relaxation



- Focus on your breath
- Body Scan
- Affirmations
- Loving-Kindness

Sleep



- Turn down lights 15-30 minutes before bed
- Avoid blue light 30-45 minutes before bed
- Write in a journal
- Read a neutral/calm book



YOUR FUTURE SELF

Man's greatness lies in his power of thoughts

Blaise Pascal

Imagine Your Future Self

How do you feel? What are you doing? What does your average day look like? How do you spend your time? What is going well? Who are you with? Write as many details as possible



YOUR FUTURE SELF

(Continued)

Imagine Your Future Self

How do you feel? What are you doing? What does your average day look like? How do you spend your time? What is going well? Write as many details as possible



FUTURE SELF HABITS

Now ask yourself, "Who do I have to become in order to have that future?"

What are the habits that the future you has in place? What habits did the future self have to put in place to get there?

HABIT -

HABIT -

HABIT -

HABIT -

HABIT -

HABIT -

HABIT -

HABIT -



CHOOSE YOUR THREE

From the list above identify three starting habits

When choosing, think about which habit you are willing and able to work on now. What seems within reach? What excites you? Name each habit. Then write why the habit matters to you.

- 1
- 2
- 3

HABIT ONE

HABIT TWO

HABIT THREE



DESIGN 02

DESIGN YOUR HABIT

- ✓ Make it small
- ✓ Stack it
- ✓ Upgrade your environment
- ✓ Find your accountability

4 WAYS TO HELP YOUR HABIT STICK

1. Start Small

One of the best ways to make a habit successful is to start infinitely small. As you design your habit, ask yourself how can you scale it back to a point where you are able and willing to be consistent. If you find yourself resisting to the commitment, scale back further.

2. Habit Stack

Look for natural rhythms and habits during your day. Where can you attach this new habit? Places of transitions, specific routines, or identifying your triggers are places to look for habit stacking.

3. Set Up Your Environment

Create an environment that promotes healthy habits. Identify where your habit will often take place. Is it your kitchen? Is it outside? A quiet place in your living room? Look for ways to upgrade your environment to improve consistency of your habit.

4. Find your accountability

Think about past habits and goals you have achieved. What type of systems did you have in place to get you there. A partner? A tracker? A reward? Gather ideas of accountability that have worked for you in the past.

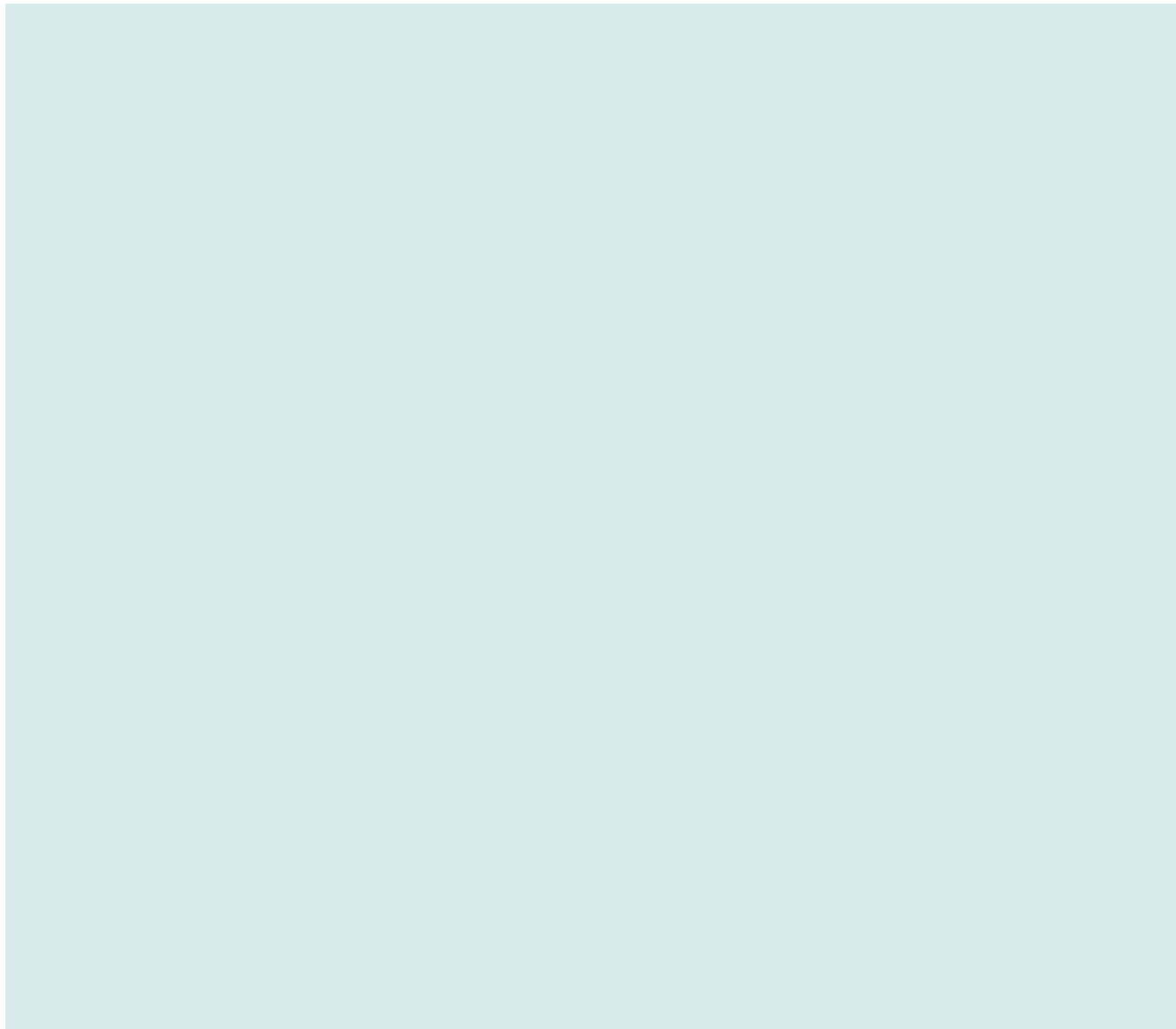


MAKE IT SMALL

Create a constellation of habits, tiny in size
but big on impact. B.J. Fogg

Instead of trying to accomplish something grand, start small and gradually improve. Trust the power of small.

When you start a new habit, it must be so easy you can't say no. We often do the opposite, starting too big we become overwhelmed, leading to burnout. Want to meditate 20 minutes daily? Start with 3-4 breaths. Want to eat more fresh food? Start by swapping the afternoon snack. Write your habit in a scaled-back version, followed by gradual expanding steps.





HABIT STACK

Success is the product of daily habits, not once-in-a-lifetime-transformations. James Clear

Before/After [CURRENT HABIT], I will [NEW HABIT]

Identify a current behavior you already do and stack a new one on top. Pairing a new habit with an old provides a built-in template. Write down current routines, habits, transitions. Where is the best place to stack your new habit?.

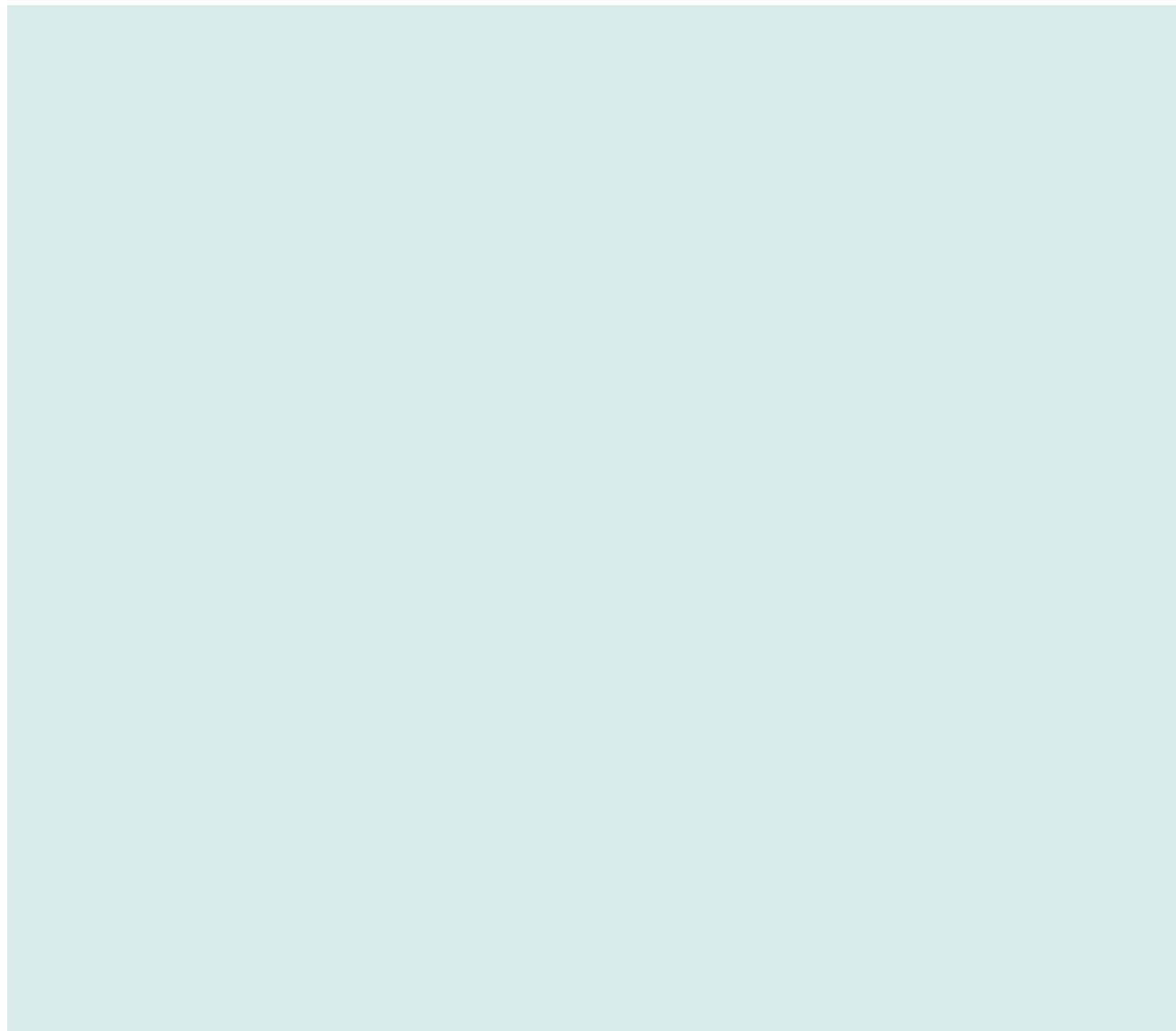


UPGRADE YOUR ENVIRONMENT

Structure the environment around you so the habits become easier. Dr. Wendy Wood

Make the cues of good habits obvious and visible.

The less energy a habit requires, the more likely it is to occur. Take a look around the environment where your habit will take place. How can you remove any needless friction? For example, lay your workout clothes the night before. Prep fruit and vegetables on the weekend to eat through the week. Keep the gratitude journal by your bed...





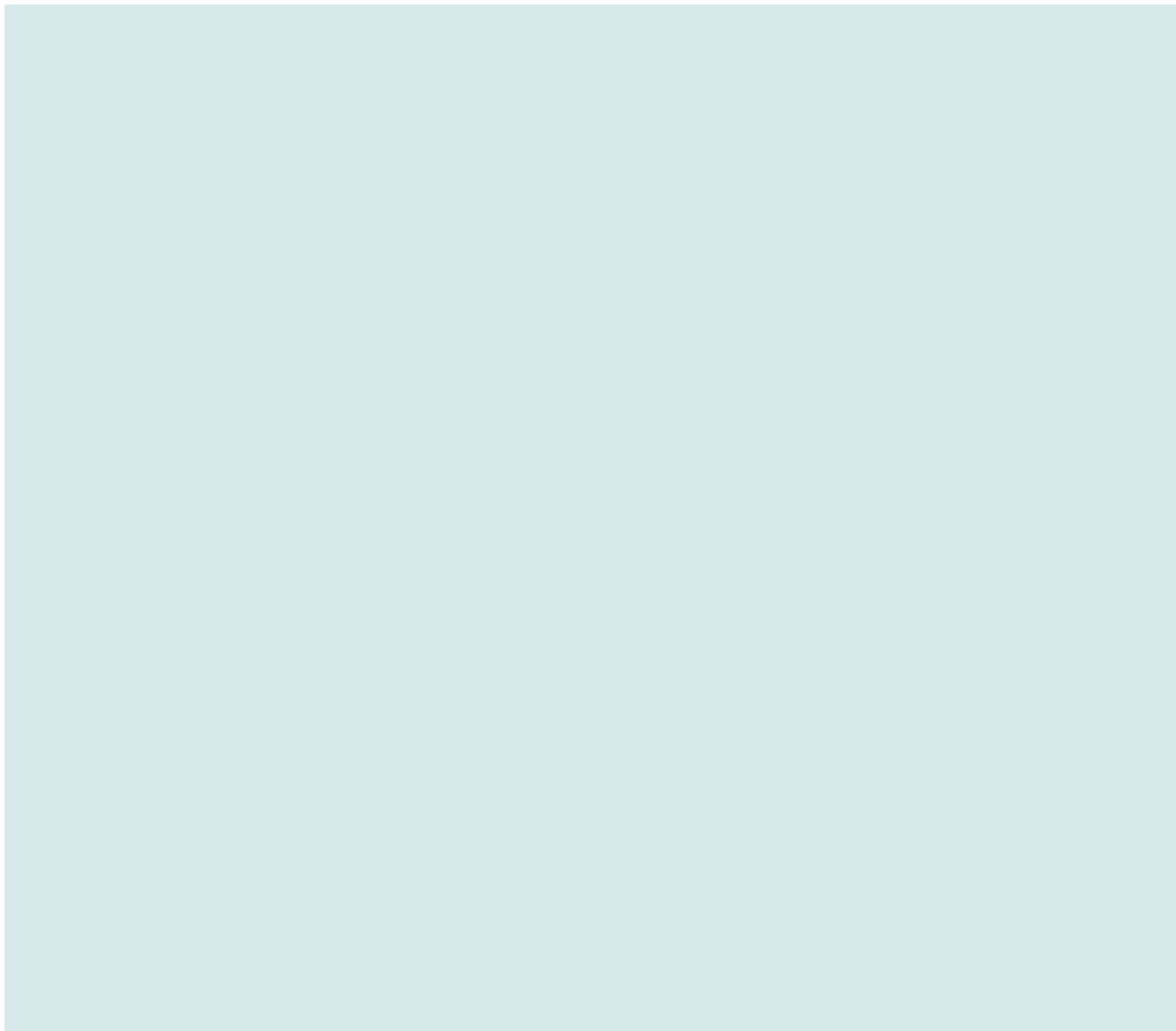
FIND YOUR ACCOUNTABILITY

Accountability is the glue that bonds
commitment to results. Will Craig

Create your accountability plan.

Do you want an accountability partner? Maybe you need a daily or weekly check-in or a friend to schedule the walks with or a partner with a similar habit-goal. In addition, you might benefit from using a habit tracker or app to keep you moving forward.

Write down how you want to stay accountable.



WORDS OF ENCOURAGEMENT

You did it! You created your vision, designed your habit and are hopefully ready to take the next step. A few thoughts before you begin...

Stay in the Game

It takes an average of 66 days to create a new habit. This is why having the tools in place will help! Revisit your vision and your why for wanting the habit when you feel discouraged

Trust the Ripple Effect

Oftentimes one healthy habit leads into another. For example, going to bed consistently earlier will lead to more energy. More energy may lead a more consistent movement routine and so on.

Choose a Growth Mindset

Choosing a growth mindset over a fixed means you believe in your ability to grow and change. It empowers you to overcome hurdles and view obstacles as opportunities.

Be Flexible

Be open to adjusting and tweaking your habit design. If you find your environment set-up isn't working, go back to the drawing board. Have a playful attitude toward the process!

Want to learn more?

Atomic Habits by James Clear

Tiny Habits: The Small Changes that Change Everything by B.J. Fogg

Feel Better in 5 by Dr. Rangan Chatterjee

Habit Tracker

START

END

REWARD

HABIT

ACTION PLAN

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
														31

START

END

REWARD

HABIT

ACTION PLAN

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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Health Tracker

MONTH _____

	FOOD				WATER		EXERCISE		
MONDAY					●	●	●	●	
TUESDAY					●	●	●	●	
WEDNESDAY					●	●	●	●	
THURSDAY					●	●	●	●	
FRIDAY					●	●	●	●	
SATURDAY					●	●	●	●	
SUNDAY					●	●	●	●	
SLEEP	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES	

Gratitude Tracker

MONTH _____

A large rectangular area with a semi-circular arc on the left side. The arc is divided into 31 numbered segments, representing the days of a month. The segments are numbered 1 through 31, starting from the top and moving clockwise. The rest of the rectangle is filled with diagonal lines radiating from the arc, creating a sunburst effect.



WANT TO GO FURTHER?

Are you looking for more support in your health and wellness habits?

Coaching sessions give you the time to share your health concerns, goals, questions, struggles, and challenges. Together, we work as a team to help you get started on your individual path to optimal wellness.

SCHEDULE A FREE CALL

<https://www.lifelinesolutionsllc.com/health-coaching>
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