

# MOTIVATION WORKSHEET

## Top Tips from Heather Bowen Ray's Habit Coaching Practice

1. **Make it Tiny.** Dream big. Start small. No, smaller. Ridiculously, absurdly small.
2. **Use Systems rather than Willpower.** Rely on the power of habit.
3. **Focus on Internal vs. External.** What is your WHY?

## LIST OF HEALTHY HABITS

Which of these will work for you? Start with a needs assessment.

Recognize pain and discomfort.

Gain positive role models.

Set mini-goals.

Try yoga.

Re-evaluate what you know.

Gain clarity.

Revamp priorities.

Offer gratitude.

Study behavior.

Seek greater food awareness.

Reframe the journey.

Find your support team.

Grow a support network.

Protect your priorities.

Decide.

Take full responsibility.

Increase energy.

Give yourself permission.

Seek therapy.

Examine your stories.

Listen to your body.

Explore intuitive eating.

Eat mindfully,

Taste your food.

Respect the food.

Recognize the feelings of satiety.

Appreciate your body.

Change your environment.

Stop drinking soda.

Stop temptations at the source.

Increase movement.

Increase greens.

Make a green smoothie.

Try a guided meditation.

Seek nutrition advice.

Visit a nutrition consultant who has training in emotional eating.

Stop putting synthetic creamers and sweeteners in coffee.

Add healthy fats to breakfasts.

Pay attention to which foods give me energy and which foods leave me feeling drained.

Give your body some love.

Reach a point of acceptance.

Take a group class.

Try a short-term elimination diet to see if you have food allergies or sensitivities.

Journal.

Track.

Establish healthy "defaults".

Evaluate your go-to foods.

Find new methods for increasing nutritional intake.

Follow the Half Plate Rule - fruit & veggies, even on seconds.

Eat on smaller plates.

Reduced the volume of bread when eating out.

Keep going.

Realign.

Read about body image.

Make a public and durable pledge.

Hire a guide if you can.

Strength train.

Commit.

Track your food.

Run.

Stop running.

Find a replacement sport.

Find a challenge.

Pamper yourself more.

Show compassion to others.

Tracked my runs. Tracked my running distances and pace using an app on my phone.

Let loose.

Move your body regularly, even if informally.

Remember the ways you like to move for fun.

Seize every opportunity to move for fun.

Looked for new venues to work out.

Take stairs and scenic routes.

Exercise more than one time per day if you can make the time and have the energy to do so.

Take rest days / have a plan.

Learn to cook without recipes.

Ensure about half your groceries are produce.

Expand your range of motion.

Get on and off the floor.

Touch your toes.

Commit to never stop learning about health.

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# HABIT-BUILDING PLAN

**BE CLEAR.** THE CHANGE I MOST WANT TO MAKE:

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**BRAINSTORM.** WHAT DO I NEED TO DO? HOW WILL I DO IT? IDEAS:

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**BREAK IT DOWN.** Choose 12 tips to try over a period of 12 months.  
Keep trying one idea each month, sticking with new habits that seem to work.  
Let others fall away to be ignored or tried later when they fit your life better.

**12 Habits I Want to Test This Year:**

Month: \_\_\_\_\_  
Habit: \_\_\_\_\_

Month: \_\_\_\_\_  
Habit: \_\_\_\_\_

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Habit: \_\_\_\_\_

**It's your LIFE.**  
What could improving your health and fitness really do for you? Let's find out.  
Contact Heather now for a free healthy habits coaching consultation. Call or text 202-329-1974.