



TRAINING NETWORK

BUILDING HEALTHY HABITS

TEEN RESOURCE

Discipline today,
freedom tomorrow.



Small habits. Big changes. Better you.
Healthy habits help you feel good, do better
and build the life you want.
Start small, stay consistent and keep going!

★ WHY HABITS MATTER

Habits shape your day,
your future and your
mental health.

Good habits can help you:

- ♥ Feel more in control
- ♥ Boost your confidence
- ♥ Improve your focus and mood
- ♥ Build a healthier lifestyle
- ♥ Reach your goals



Remember: You don't have to be perfect, just consistent.

💡 EXAMPLES OF HEALTHY HABITS



Small habits + every day = big results.

👍 THE POWER OF SMALL CHANGES

Tiny changes can lead to amazing results.

Instead of...

Try this...

- | | | |
|--------------------|---|---------------------------------------|
| I don't have time | → | I'll start with 5 minutes |
| I can't do it all | → | I'll focus on one habit |
| I always give up | → | I'll keep trying |
| It's too hard | → | I'll make it easier |
| I want results now | → | I'll be patient and trust the process |

Remember: Progress, not perfection.
Keep showing up for yourself.

HOW TO BUILD A NEW HABIT (5 SIMPLE STEPS)

- 1 CHOOSE**
Pick one habit that matters to you.
- 2 START SMALL**
Make it easy so you can win.
Tiny steps count!
- 3 BE CONSISTENT**
Do it at the same time each day.
Consistency builds momentum.
- 4 TRACK IT**
Track your habit to stay motivated and see progress.
- 5 DON'T GIVE UP**
Slip ups happen.
Don't stop – restart and keep going!

Small steps every day lead to BIG change.

HABIT TRACKER

HABIT	M	T	W	T	F	S	S
Drink water	☐	☐	☐	☐	☐	☐	☐
Exercise	☐	☐	☐	☐	☐	☐	☐
Read	☐	☐	☐	☐	☐	☐	☐
Sleep 8+ hours	☐	☐	☐	☐	☐	☐	☐
Mindfulness	☐	☐	☐	☐	☐	☐	☐
Be kind	☐	☐	☐	☐	☐	☐	☐

Track it. See it. Believe it. Achieve it.

📈 OVERCOMING CHALLENGES

You will face challenges.
That's normal! Try these:

- ✓ Plan ahead
- ✓ Stay positive
- ✓ Ask for support
- ✓ Focus on your 'why'
- ✓ Don't be too hard on yourself
- ✓ Learn and keep going



Challenges don't stop you, they make you stronger.

📅 WEEKLY HABIT PLANNER

Plan your week. Set yourself up for success!

MON	TUE	WED	THU	FRI	SAT	SUN

This week I will focus on:

A plan today = a better tomorrow.

🧩 HABIT STACKER

Attach your new habit to something you already do.

After I _____
I will _____

Examples:

- ♥ After I brush my teeth, I will drink water.
- ♥ After I get home from school, I will do 10 minutes of exercise.
- ♥ After I wake up, I will make my bed.

Link it. Stack it. Stick with it.



★ MOTIVATION BOOSTERS

Use these when you need a boost!

- ♥ Listen to your favourite music
- ♥ Visualise your goals
- ♥ Remember your progress
- ♥ Celebrate small wins
- ♥ Read inspiring quotes
- ♥ Spend time doing what you love



You've got this! Believe in yourself.

👤 REFLECT & RESET

Take time to reflect.
What's working? What can you improve?

I'm proud of: _____
I can do better at: _____
I will keep doing: _____
My goal for next week: _____

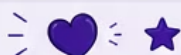
Reflect. Reset. Rise.

🏆 TODAY'S WIN

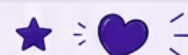
What healthy choice will you make today?



One good choice today can change your whole future.



GOOD HABITS TODAY. GREAT LIFE TOMORROW.
YOU ARE IN CHARGE OF YOUR FUTURE!



LEARN • GROW • THRIVE

Helping children, teens and families build
a healthier, happier future.



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