

STARTER GUIDE

Healthy Habits Starter Guide

A practical framework for choosing one goal, building a routine around it and staying accountable when motivation fades.

Step one: set a goal you will actually keep

Strong goals are specific, small enough to start this week, and written in your own language.

- Name the outcome you want in one sentence.
- Shrink it until it feels almost too easy.
- Decide when and where it happens.

Write your goal

Step two: build the routine

Anchor the new habit to something you already do reliably. The anchor carries the habit until the habit carries itself.

Existing anchor	Time	New habit	Cue

Step three: stay accountable

- Choose one person who will ask you about it.
- Schedule a weekly five-minute review.
- Plan your recovery response before you miss a day.

Step four: lifestyle improvement

Once a habit holds for four weeks, add one more — never three at once. Layered habits become a lifestyle; stacked resolutions become fatigue.

Weekly review

General wellness education only. Not medical advice, diagnosis or treatment.

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