

BUILDING HEALTHY HABITS



Essential Steps:

Set a goal.

Start by choosing one area of well-being you would like to work on, then write it down. Try using the SMART method to define and accomplish your goal.

Make it easy.

Turning big goals into bite-sized steps can make your goal more achievable. Think of some ways that you can set yourself up for success such as setting daily reminders on your phone or email calendar or set aside time to plan out your week. For example, purchase pre-portioned salads or other time-saving options that fall in line with your goals.

Be consistent.

The key to turning behaviors into habits is consistency. The more you repeat a behavior, the more automatic it will become. It's okay if you forget your new behavior (like going for a walk first thing in the morning). Move your walk to another part of the day or try again tomorrow. Persistence is key to successfully forming a new habit.

For Extra Motivation:

Schedule a session with a Health Coach and start a Daily Habits plan at www.webmdhealth.com/wellwisconsin.

The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned.

Sources: BJ Fogg, PhD. Fogg Method. <https://www.foggmethod.com/>. Accessed 04/19/2022.

Webmdhealth.com. How to Set Excellent Exercise Goals. <https://www.webmdhealth.com/common/content/ArticleOpen.aspx?cid=30055516>. Accessed 04/19/2022.

Webmd.com. Make Big Changes with Small Steps. <https://www.webmd.com/balance/big-changes-small-steps>. Accessed 04/19/2022.

S.M.A.R.T. Goals

Clear, focused goal setting.

- Specific: What, Why, How
- Measurable: Establish concrete criteria for measuring progress.
- Action-oriented: What intentional step(s) can you take to move closer to your goal?
- Realistic: Is this goal realistic with effort and commitment?
- Time-bound: Must be measurable, keeping it within sight.

Smart Goal Examples:

Movement goal: I will increase my physical activity by walking two days per week on my lunch break for 30 minutes on Monday and Wednesday.

Nutrition goal: Starting May 1, 2023, I will visit www.webmdhealth.com/wellwisconsin to find at least one new recipe to try every week during the month of May to increase my vegetable consumption.

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