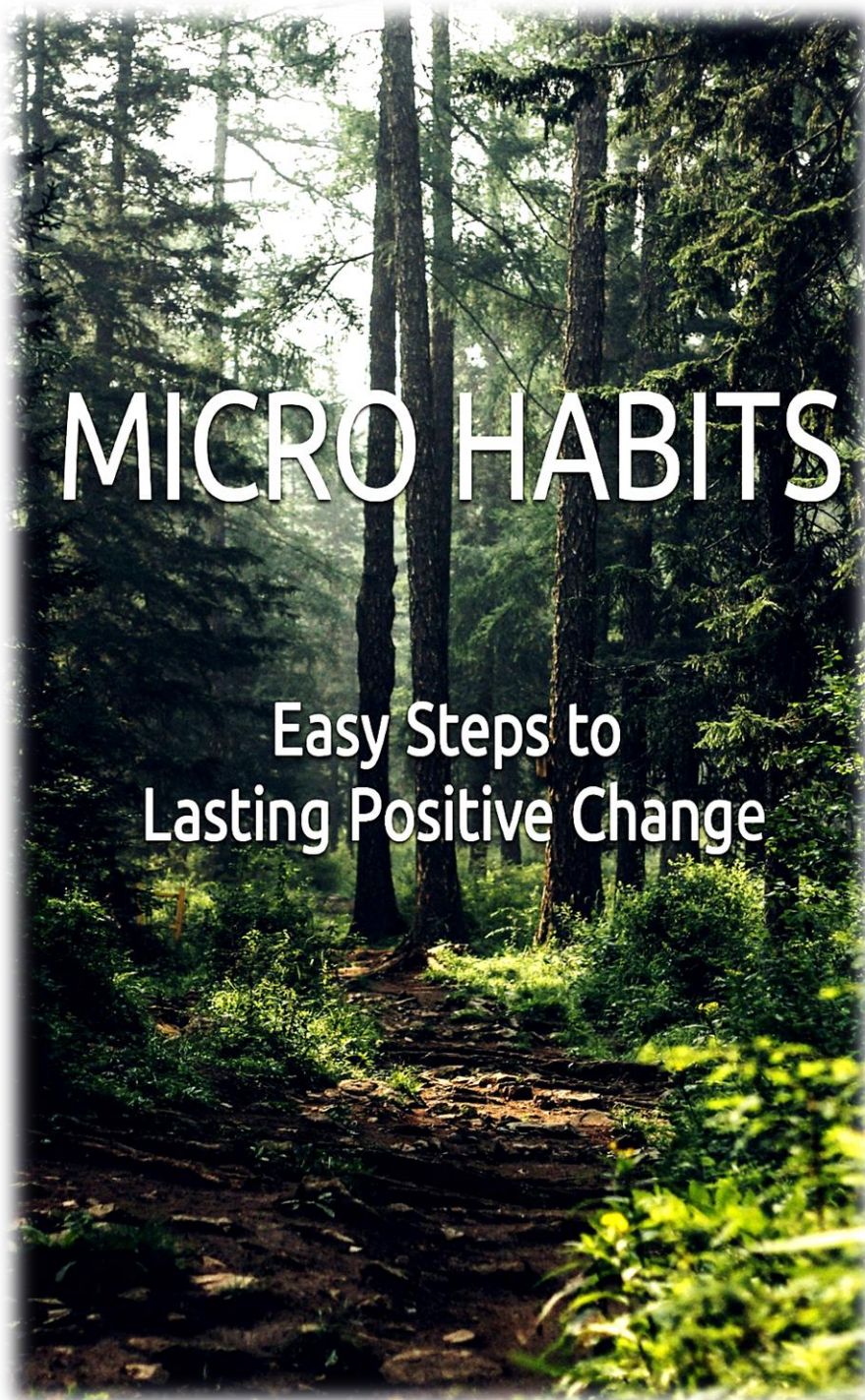




Report



# MICRO HABITS

Easy Steps to  
Lasting Positive Change

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## Easy Steps to Lasting Positive Change

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## Disclaimer

***We hope you enjoy reading this publication, however, we do suggest you read our disclaimer.***

All the material written in this document is provided for informational purposes only and is general in nature.

Every person is a unique individual and what has worked for some, or even many, may not work for you. Any information perceived as advice must be considered in light of your own particular set of circumstances.

The author, Jackie Foskett, sharing this information, does not assume any responsibility for the accuracy or outcome of your use of the content.

Every attempt has been made to provide well-researched and up-to-date content at the time of writing.

Now all the legalities have been taken care of, please enjoy the content.

## Introduction

Have you heard of micro habits? If you haven't, and you want to create better habits, you are in for a treat! They are so simple yet so effective! If you've heard the saying about eating an elephant one bite at a time, then you know what a micro habit is like. It's something you do one bite or one step at a time.

It doesn't matter what it is, if you are starting something new it can be tough to get started. However, every big thing usually starts with something small. That's where taking small, manageable steps comes in.

By setting aside just a little time each day, and I am talking about even 1 to 2 minutes to focus on what you want, you will soon see you are making progress without it feeling like a huge effort. One of the hardest parts of sticking with long-term goals is staying consistent.

If you have a big task to do it can feel too big to handle, which often leads to putting things off or giving up. However, if they are little tasks, they're easier to do. This makes it so much more doable, and keeps the momentum going, plus you develop a new good habit too. You are being consistent.

You might not notice any changes right away, depending on your new micro habit, but there will be noticeable changes soon, that's almost guaranteed! It's like watching a kettle boil. Nothing appears to be happening until it's boiling!

Before you know it, your consistent small actions will become a natural part of your routine, and as you keep going, you'll find that your goals don't seem as out of reach as they once did. In the end, it's your small steps that lead to your lasting success.

They help you build momentum, stay motivated, and avoid the burnout that often comes with trying to do too much at once. Now that you understand the power of making small, micro sized habits, it's time to put that power into action!

## Micro Habits That Can Produce Great Results

Only you know what you want to change, so whether you want to become more healthy, wealthy, or wise, or a better person in general, here are a few micro habits you might want to try to make amazing improvements in your life.

### Financial Micro Habits - A Simple Way to Build Your Financial Safety Buffer



It's much harder to spend money you can't see. True? If it's in your wallet, you may be inclined to spend it. The same as if it's in your everyday, general bank account. One of the easiest ways to save is by setting up an automatic transfer from your paycheck to your savings account.

Even if it's just a small amount, like 10% of your income, it adds up over time. I recommend reading *The Richest Man In Babylon*, where he says to save 10% of all your income. In the book, an egg merchant says "but how can I become wealthy with eggs"?

He asked the egg merchant a question. “What would happen if you put 10% of your eggs, or just one egg in a basket each day, for a period of time”? The egg merchant replies that his basket would overflow! That’s the principle here.

Over time, if you save 10% of your income your savings will overflow, or at least become quite substantial in relation to your income. Now is the time to start saving. Aim for enough to cover three months of your expenses, then hit six months which is even better.

It might seem unreachable right now, but there are so many ways you can cut down on expenses. Think of what you regularly and repeatedly waste your money on and start saving.

### ***Keep an Eye on Your Bank Account and Spending Habits***

Make sure you check your bank account each day too. Don’t just sit back and look at the receipt that gets spat out at the ATM. Log in to your bank account and have a good look at the expenses and deductions, you may be horrified at what you see if you haven’t been checking!

This is a great habit to start, because this simple routine keeps you aware of where your money is going and helps you spot areas where you can cut back.

You might even catch those sneaky subscription fees that pop up after a free trial ends. By staying on top of your spending, you’ll feel more in control of your finances and growing savings!

## Learning Micro Habits - Simple Ways to Expand Your Mind and Knowledge



Reading books is a fantastic way to grow your mind and gain new insights. If you haven't been reading much lately, start small. Read just one or two pages each day. If you think you don't want to read, ask yourself this. How much time do you waste reading 'non-learning' text on social media?

Reading just one or two pages is a manageable goal that makes it easier to create a reading habit. However, there are other ways to incorporate learning into your routine. If you're not in the mood for a book, consider listening to a podcast or audiobook while you're commuting or exercising.

You could also watch short educational videos or use apps that offer quick lessons on various topics. This is great if you can stack your habits and do more than one at a time!

Another great idea is to sign up for a daily email that gives you a quick tip or piece of inspiration. It's an easy way to start your day with a little boost of positivity and knowledge.

If you've got a new skill in mind, like learning a new language, a musical instrument, or getting better at cooking, simply set aside just a few minutes each day for it.

You can read an article, watch a short video, or practice for just 5 minutes. Each day you will be making progress even if you don't see it for a while. Just be patient and consistent. Be micro happy with your results!

### **Micro Emotional Health Habits Help Improve Your Mood and Life**

Micro habits for your emotional health can make a big difference over time, even if you don't think you need to create habits for this area of your life. They will make you feel so much happier too.

#### ***Practice Deep, Mindful Breathing***

Mindful breathing is a simple practice with powerful benefits for your mental and emotional well-being. When you take a moment to focus on your breath, you're essentially giving your mind and body a chance to reset and relax.

You only have to do this micro habit for a minute or two each day!

One of the main benefits of mindful breathing is its ability to reduce stress. By concentrating on your breath, you activate your body's relaxation response. This can counteract the physical effects of stress and make you feel more calm and in control.

Mindful breathing can also improve your mood. When you take deep breaths, you increase the oxygen flow to your brain, which can help boost your mood and mental focus.

## ***Scheduling Mini-Breaks To Re-Energize***



Mini-breaks may be the solution you're looking for if you want to effectively control your energy levels, lower your stress levels, and remain focused on your work every day. Mini or micro-breaks are quick breaks, no more than five minutes.

If you have to sit, prolonged sitting during the day raises your risk of obesity, metabolic problems, and back discomfort too.

So whether it's getting up from your desk to gaze out the window, grabbing a hot cup of something, or stretching your back and neck when you stand up, this is a great habit to help you feel re-energized and healthier.

## ***Find Ways To Be Grateful Each Day***

It's easy to get caught up in what's going wrong in your life and the world around you, which can lead to taking the good things in life for granted. By

setting aside a few minutes each day to focus on what you're grateful for, you can shift your attention from what feels missing in your life, to what isn't.

You may have a lot more to be grateful for than you realize! I love the saying, 'I was unhappy because I had no shoes, until I met a man who had no feet.' It makes you think, doesn't it?

This small but powerful mental shift can make you feel happier. The real benefit is a boost in your overall mental health and a positive outlook you develop on life.

If you find it hard, start a gratitude journal and take a few moments each day, or night, to reflect on the things you're thankful for, whether they're big or small. Make it a habit to seek out the positives and begin or end your day with a focus on the good in your life.

If you can't think of anything because you are feeling low, think of how lucky you are to be breathing right now, whereas many people you loved no longer are. Just writing one sentence a day in your gratitude journal can be a small habit that greatly benefits your emotional health.

### **Micro Health Habits Help Improve Your Life and Longevity**

That's sounds a bit dramatic but it's true! Here are a few to get you started on a path to good health and longer life.

#### ***Start Your Morning with a Glass of Water***

Getting healthier can start with just one glass of water in the morning. Having a glass of water first thing in the morning helps your body flush out the waste products that have been generated throughout the night, and speeds up your digestion and metabolism. Your body needs to be hydrated for good health!

### ***Add Fresh Fruits and Vegetables To Your Day***

This micro habit involves you eating a delicious fruity snack instead of a processed, sugar-coated one. Change that donut for a superfood apple or handful of berries! At night, get rid of the fried chips and eat some sweet potato.

Most people attempt to drastically alter their eating habits all at once, which is a surefire way to fail. Don't do that. Be micro-minded! Start small and see healthy changes faster.

### ***Getting A Daily Dose of Sunlight and Fresh Air***



Spending time outside and breathing fresh air offers a range of benefits for your health. I don't think I have to tell you all the benefits of breathing in fresh air and not cigarette smoke.

Sunlight helps your body produce Vitamin D, which is essential for strong bones, a healthy immune system, and overall bodily functions. Regular

exposure to sunlight can also help protect against common illnesses and enhance your emotional and mental well-being.

In short, sunlight is a valuable contributor to both your physical and mental health! You don't need to spend hours outside, just a few short periods of time in the fresh air and sunlight each day can make a positive impact on your health.

## Conclusion

Are you ready to start making micro habits a part of your life? Even the small, seemingly trivial actions you start making today can have a significant impact over time.

Whether you're aiming to improve your work-life balance, get healthier, lose weight, or achieve financial freedom, starting with small, manageable steps is key to making meaningful, lasting changes.

By focusing on making gradual progress each day, you're setting yourself up for HUGE success! The benefits might not be immediately apparent, but persistence is key and it will pay off.

Don't let a lengthy to-do list or feelings of being overwhelmed stop you from starting! With perseverance and patience, you'll be surprised at what you can achieve.

Small, consistent micro habits can lead to remarkable results without the stress of trying to tackle everything at once!

I hope you've enjoyed reading this short report on **Micro Habits** and have at least 1 or 2 "take aways" that will move you forward on any changes you are desiring to make.

If you need more support in setting up micro habits for any goal,  
Healing Hypnotherapy can help.

Contact Jackie Foskett for a complimentary phone session to discover how  
hypnotherapy mind coaching can work for you.

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