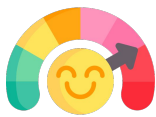


Building Healthy Habits to Achieve the Goals You Want

Key Takeaways

1

Why is effective goal-setting important?



Greater workplace connection and emotional outcomes



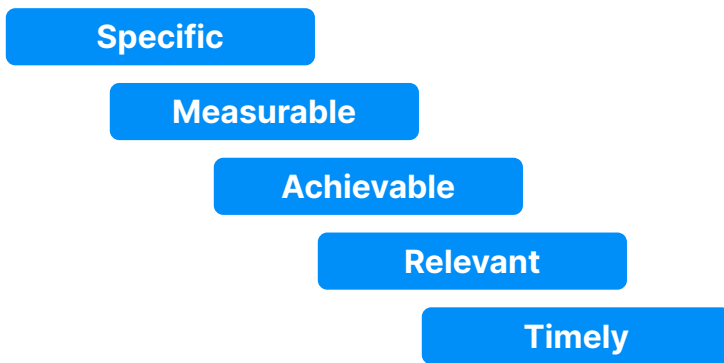
Increased motivation, self-esteem, self-confidence and autonomy



Greater focus, clarity, and direction

2

Effective goals are SMART



3

Positive Habit Formation Strategies



Tiny Habits

Habits are building blocks that move us towards a set goal



Habit Stacking

Stacking the new habit onto a current habit

Building Healthy Habits to Achieve the Goals You Want

Key Takeaways

4

Practical Application Tips



Engage in positive self-talk

Helps increase self-confidence and build up resilience



REMOVE and ADD technique

Something needs to be removed for you to add these new behaviours



Set up regular reminders

Being well-organised through the creation of reminders helps with the formation of consistent habits



Effective self-rewards

Set up a personal reward system to keep up your productivity while working towards your desired habit or goal



Harness positive social support

Loop in others by sharing or talking about your habits and goals with them

Need a bit more help?

Discuss with your coach on more personalised strategies on how to set effective goals and stick to them!



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