SUMMER SELF-CARE
Week 6 • July 14, 2020
Making your Habits Stick

This week's takeaways
1. Nutrition:
   a. Food environment over motivation, Hold yourself accountable, Slow is best
2. Exercise:
   a. Make your goals SMART, Peer support is critical, Reduce friction whenever trying start a habit, increase it when trying to stop it
3. Meditation:
   a. Start slow, Remember that progress is nonlinear, Choose the right practice, Have a teacher/find an app