

# Transformation Support Community

## Creating Healthier Habits

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*12-Week Webinar Series Workbook*

# *Welcome to Creating Healthier Habits*

This workbook accompanies the *Creating Healthier Habits Webinar Series* in our game-changing Transformation Support Community online program!

We previously presented the *Creating Healthy Habits Series*, and you wanted more content on creating new habits and breaking old ones, and that's exactly what you'll be getting in this new series\*.

I answer questions like, '*why do we do the things we do when we know the things we know?*' And '*how can we make good nutrition and movement a regular habit?*'

This series will help you understand why you are drawn to certain habits even when they're not serving you (like scrolling on your phone, eating when you're not hungry, or snoozing your alarm one too many times), and of course, how you can make more intentional and mindful choices.

I'm so excited for the next 12 weeks and for all the goodies you'll be receiving. I'm also really looking forward to connecting with you.

Let's goooooo!



Dr. Gina Cleo

\*Note: You do not have to complete the original habits series in order to begin this one! This series is designed for the total habits newbie, and covers everything you need to know to be able to create healthier habits with no prior knowledge! If you like this series (which I think you will!), you may like to complete the original habits series afterwards – naturally, they are quite complementary 😊

# About Dr. Gina Cleo

Habit Researcher | Author | Speaker | Educator | Dietitian

Dr. Gina Cleo is one of the world's leading experts in habits and is passionate about translating scientific evidence into simple, actionable strategies to help improve health, wellness, mindset, and lifestyle-related habits – long-term. Gina has a PhD in habit change, is an Assistant Professor at Bond University, and is an Accredited Practising Dietitian.

Gina's habit change research has been published in medical journals globally and she has appeared for over 200 news outlets including many of Australia's major television networks; ABC News, The Today Show & Studio 10. She is also a regular keynote speaker and expert panellist at national and international conferences.

When she's not geeking out on new habit research, Gina is running courses through her Habit Change Institute and obsessing over chai lattes. She has also written a book on habits, which will be available January 2024!



## *A Note From Glenn ...*

Ever since I first saw Gina speak, I dreamed of bringing her mind-opening expertise and warm, uplifting energy to our community. And following the success of Gina's original habits series with us, the dream is getting bigger with this powerful follow up series. Gina and I have worked really hard on this series (taking in all of your feedback along the way!), and I'm really excited that Gina will be guiding you through it to **master your mindset** for habit change, change specific **eating, physical activity, and mental wellness** habits, and **rewire your brain** with the power of neuroscience! In doing so, you have the power to transform your life in whatever ways YOU want to.

Enjoy the series (and be sure to make the most out of Gina's specialness!)

A handwritten signature in black ink, appearing to be 'Glenn', with a long, sweeping underline.

Glenn

# SERIES OVERVIEW

Here's what we'll be covering together over the next 12 + 2 weeks.

Note: Page numbers are provided to help you easily access the material each week, and check boxes can help you track your progress (and they feel rewarding to tick off once you've completed a session!)

Let's goooooo!

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# SESSION 1:

## FOUNDATIONS OF HABITS

### Habit

*noun*

*Memory-based propensities to respond automatically to specific cues, which are acquired by the repetition of cue-specific behaviours in stable contexts.*

### Habitual Action

*noun*

*Actions which are automatically responding to habit cues.*

### Automaticity

*noun*

*The 'fluency of habitual behaviour'. Automaticity is reached when a habit is performed with minimal awareness, lack of conscious intent, is difficult to control, and is mentally/cognitively efficient.*

Early writers described habit as an acquired propensity. When we repeat a behaviour in response to a habit cue (such as time, place, emotion, social situation, or preceding action), neural pathways are created in the brain. Gradually, these pathways become ingrained and are activated when we're exposed to the cues associated with the habit.

# Habit Characteristics

## Habits

- Have a **history of repetition**
- Have a high degree of **automaticity**
- Are **triggered**

Have you ever been driving and arrived at your destination and thought, “*How did I get here?*” Do you tend to park in the same spot at work? Sit in the same place to eat dinner? Or eat the same breakfast? Do you bite your nails? Or reach for chocolate or ice cream when you’re feeling stressed? These are *all* habits. Some habits are good for us, and some habits are holding us back from achieving our goals.

Approximately 45-85% of everything you do every day is performed out of habit. Once a habit is formed, it is resistant (but possible) to change because the repeated behavioural patterns become imprinted in our brain.

# The Habit Loop

Forming a habit requires three key ingredients: 'Cue,' 'Routine,' and 'Reward.'

**The Cue:** is the trigger for the action that you take. It could be the place you're in, the time of day, your emotional or social situation, or your preceding action.

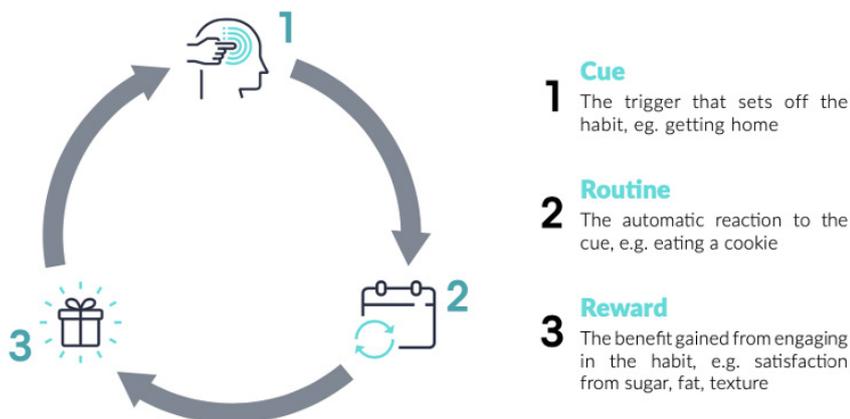
**The Routine:** is the habit that is triggered by the cue — the action itself.

**The Reward:** is the benefit you gain from doing the habit. The reward is the reason behind deciding that the cue and routine are worth repeating again in the future. If the reward is positive, then the cycle forms a positive feedback loop that tells your brain, *"Next time this cue is encountered, do the same thing."*

## For example:

Let's say that each time you get home in the evening, you eat a cookie, you really enjoy the taste and texture of these cookies (reward). When you first eat the cookie, a mental link is formed between the cue (getting home) and your response to that cue (eating a cookie). Each time you eat a cookie in response to getting home, this link strengthens, to the point that getting home prompts you to eat a cookie automatically; a habit has been formed.

Eventually, just thinking of getting home automatically triggers the responding behaviour and alternative options become less accessible in memory. Getting home means eating a cookie!



Much of what you do is arguably repeated in the same place, so daily life is likely to be consistently exposing you to numerous cues, triggering both wanted and unwanted habits.



# Transformation Support Community

*You've taken the first step in creating  
healthier habits with Dr. Gina Cleo.*

*This is just the beginning!*

*Ready to take the next step?*

*To access the rest of this workbook and **all  
three** of Gina's Habits series within the  
Transformation Support Community ...*

FIND OUT MORE &  
JOIN TODAY!