

Transformation Support Community

Creating Healthy Habits with Dr. Gina Cleo

12-Week Webinar Series Workbook

Welcome to Creating Healthy Habits

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

Why do we lose motivation? Why do 90% of New Year's Resolutions get forgotten within months? How do we reach and maintain our goals?

We've been told that success requires big changes (the 'go hard or go home' mentality), but it's actually the simple actions, repeated over time, that will determine the life you lead. Our habits are the invisible blueprint of our everyday life, and we have the power to change them.

Imagine a life where your brain is rewired to automatically take action towards your goals – the Creating Healthy Habits Series will show you, step by step, how to achieve that through a practical, engaging, educational, comprehensive, inspirational, entertaining and thought-provoking overview of the neuroscience of habits.

This series will cover all things forming new habits and breaking old habits. It was specifically created to help you:

- a) understand your habits (why you do the things you do),
- b) be able to diagnose your habits (recognise your triggers - the when, where, and how), and finally
- c) be equipped to change those habits (with evidence-based user-friendly how-to guides).

Understanding the neuroscience of habits can help manage the highs and lows of the change process (because let's face it, success is never a linear process!). You will learn how to **rewire your brain for success** and become empowered to use your brain power instead of willpower to achieve long-term, sustainable change. You can then kiss the yo-yo life goodbye.

Let's do this!



Dr. Gina Cleo

About Dr. Gina Cleo

Habit Researcher | Author | Educator | Dietitian

Gina 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, lifestyle, and business-related habits – long-term. Gina has a PhD in habit change, is an Assistant Professor at Bond University and an Accredited Dietitian.

Gina's habit change research has been published in medical journals globally and she has appeared for over 150 news outlets including many of Australia's major television networks; ABC News, 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.



A Quick Note From Glenn ...

Ever since I first saw Gina speak, I have wanted to bring her mind-opening expertise and warm, uplifting energy to our community (as you'll see, she's a special one!). Gina and I have worked really hard on this series (loving it every step of the way!), and I'm really excited that Gina will be guiding you through it to **rewire your brain with the power of neuroscience, break unwanted habits for good, create new habits for life**, and in doing so, transform your life in whatever ways YOU want to.

Enjoy the series (I know I will!),

A handwritten signature in black ink, appearing to be the name 'Glenn', written in a cursive style.

Glenn

SERIES OVERVIEW

Here's what we'll be covering together.

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!) ☺

Okay, let's go!

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SESSION 1:

WHY YOU DO THE THINGS YOU DO

Our habits are our automatic behaviours; the things we do without even thinking about. Like putting on your seatbelt in the car or brushing your teeth in the morning (we'll dig deep into what habits are in Session 2). But habits were once conscious, deliberate behaviours, so, to understand habits, we must first understand what motivates our behaviour; why we do the things we do and act in the ways we act and what influences us to change those behaviours.

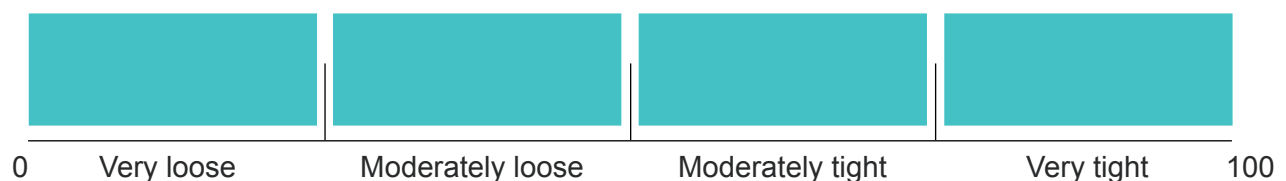
There are multiple factors that influence the decisions we make and the way we act; these include:

- Culture
- Awareness and perception
- Social influence
- Motivation
- Self-efficacy (self-belief)
- Attitudes and values
- Habit

Where did you score on the Mindset Quiz?

After completing the [mindset quiz](#), record your score, and circle the category your score fell into, below.

Score ___ / 100



Reflection on Mindset Quiz

A balanced mindset involves finding a happy medium along the Mindset Scale. Consider what domains you could tighten and what domains you can loosen. By reflecting on your own mindset, you can also be more sensitive to the ways in which the layers of culture, background, and social norms have shaped your habits and those of others.

1. What did you learn about yourself?

2. Did your result surprise you in any way?

3. Can you see how your mindset plays a role in your life? If so, how?

4. In what domains of life could you tighten?

5. In what domains of life could you loosen?

6. What can you practically do to find a happy medium (with the goal to be sitting towards the middle of the scale)?

7. Do you have any other reflections?

Measuring Habit Strength

Over the course of the series, you will be changing some important habits!

On the following page, please choose 3 key habits you would like to *make* or *break* throughout the series! We will then measure the strength of these habits ... and return to chart your progress at the end of the series 😊

(Note, as you will learn more about habits in Session 2, and you may not yet know which habits you would like to focus on changing throughout the series, you can complete this activity next week if you'd like to!) 😊

Habit One:

Habit one is something...	Strongly Disagree (1)	Disagree (2)	Neither Disagree nor Agree (3)	Agree (4)	Strongly Agree (5)
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1. I do automatically

2. I do without having to consciously remember

3. I do without thinking

4. I start doing before I realise I'm doing it

SCORE

Habit Two:

Habit two is something...	Strongly Disagree (1)	Disagree (2)	Neither Disagree nor Agree (3)	Agree (4)	Strongly Agree (5)
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1. I do automatically

2. I do without having to consciously remember

3. I do without thinking

4. I start doing before I realise I'm doing it

SCORE

Habit Three:

Habit three is something...	Strongly Disagree (1)	Disagree (2)	Neither Disagree nor Agree (3)	Agree (4)	Strongly Agree (5)
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1. I do automatically

2. I do without having to consciously remember

3. I do without thinking

4. I start doing before I realise I'm doing it

SCORE

Measuring Your Overall Mindset

Okay, this is the last measurement, we promise! 😊 😊 😊

When you create healthier habits, you'll feel better*! But, as well as knowing it within yourself, let's also collect some *actual data* on your emotional wellbeing, so we can see where you are at (and have a baseline from which to measure your progress!).

If you complete the [Psychological Profile for Weight Management](#) you will get concrete, accurate, and re-testable measures of a range of factors related to the psychology of your eating, physical activity, weight and body image.

In particular, this series aims to **improve your mood**.

While you can track all your scores with the [Psychological Profile Progress Tracker](#), here is a mini-tracker, so you can check back on your specific progress with your emotional wellbeing (it's pretty cool when you see your hard-earned improvements in black and white, so we highly recommend it!)

Scale (From Psychological Profile)	Original Score (date)	Current Score (date)
	___/___/___	___/___/___
Perceived stress	_____	_____
Depression & Anxiety	_____	_____

(Note: Lower scores represent improvement)

*[Gina's research](#), as well as showing people improved their habits and reduced their weight, also showed that participants improved their emotional wellbeing!

Transformation Support Community

*You've taken the first step in creating
healthy 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!