

Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health and wellbeing information.

The activities in this workbook are designed for self-help and personal development. They are not a substitute for professional medical, psychological or therapeutic advice.

If you are experiencing significant mental health difficulties, please seek support from your GP or another qualified healthcare professional.

If you or someone else is at immediate risk of harm, contact your local emergency services immediately.

By using this workbook, you acknowledge that you are responsible for your own wellbeing and decisions.

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PAGE 1 – Why Habits Matter

Our lives are shaped by the small things we do every day.

Healthy habits don't have to be big or complicated. Small, consistent actions can make a real difference over time.

Remember:

Small changes add up.

Progress is more important than perfection.

Missing one day doesn't mean you've failed.

Every new day is another opportunity to begin again.

♥ Which habits would you like to build?

- ☐ Drink more water
- ☐ Exercise regularly
- ☐ Eat healthier meals
- ☐ Sleep better
- ☐ Read more
- ☐ Spend less time on my phone
- ☐ Practice gratitude
- ☐ Spend more time outdoors
- ☐ Be kinder to myself
- ☐ Manage my stress
- ☐ Save money
- ☐ Other:

♥ My biggest reason for building healthier habits

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PAGE 2 – My Current Habits

Before building new habits, it's helpful to understand your current routine.

There is no right or wrong answer. This page is simply about becoming more aware of your daily habits.

 Which healthy habits do I already do?

- ☐ Drink enough water
- ☐ Eat breakfast
- ☐ Eat fruit and vegetables
- ☐ Exercise regularly
- ☐ Go for walks
- ☐ Sleep 7–9 hours
- ☐ Take regular breaks
- ☐ Practice mindfulness
- ☐ Read
- ☐ Spend time with family or friends
- ☐ Get outside each day
- ☐ Limit screen time
- ☐ Keep a regular bedtime
- ☐ Practice self-care
- ☐ Other:

Habits I'd Like to Improve

1.

2.

3.

What usually gets in the way?

☐ Lack of time

☐ Low motivation

☐ Feeling tired

☐ Stress

☐ Poor routine

☐ Forgetting

☐ Health issues

☐ Lack of confidence

☐ Other

♥ One small change I can make this week

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PAGE 3 – Choosing One Habit

Trying to change everything at once can feel overwhelming.

Instead, choose one habit to focus on first. Once it becomes part of your routine, you can build on it.

♥ The habit I want to build

♥ Why is this habit important to me?

♥ How will improving this habit help my life?

- ☐ Improve my physical health
- ☐ Improve my mental wellbeing
- ☐ Increase my confidence
- ☐ Reduce stress
- ☐ Give me more energy
- ☐ Improve my sleep
- ☐ Help me reach my goals
- ☐ Improve my relationships
- ☐ Other:

♥ My Start Date

____ / ____ / ____

♥ My Success Plan

When will I do it?

Where will I do it?

How long will it take?

♥ Reminder to myself

"Small steps every day create big changes over time."

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PAGE 4 – Habit Stacking

One of the easiest ways to build a new habit is to attach it to something you already do every day.

This is called habit stacking.

For example:

After I brush my teeth → I'll drink a glass of water.

After I make my morning coffee → I'll write one thing I'm grateful for.

After dinner → I'll go for a 10-minute walk.

Small actions linked to existing routines are often easier to remember.

♥ My Current Daily Habit

♥ My New Habit

♥ I Will Do It...

After I:

I will:

♥ How confident do I feel?

☐ Very confident

☐ Quite confident

☐ Unsure

☐ A little nervous

☐ I need more support

♥ What could help me remember?

☐ Phone reminder

☐ Alarm

☐ Sticky note

☐ Calendar reminder

☐ Family member

☐ Friend

☐ Habit tracker

☐ Other:

♥ My Promise to Myself

"I don't need to be perfect. I only need to keep showing up, one small step at a time."

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PAGE 5 – My 30-Day Habit Tracker

Building a habit takes consistency, not perfection.

Tick each day you complete your chosen habit. If you miss a day, simply start again the next day.

♥ My Habit

♥ Start Date

____ / ____ / ____

Day	✓	Day	✓
1	☐	16	☐
2	☐	17	☐
3	☐	18	☐
4	☐	19	☐
5	☐	20	☐
6	☐	21	☐
7	☐	22	☐
8	☐	23	☐
9	☐	24	☐
10	☐	25	☐
11	☐	26	☐
12	☐	27	☐
13	☐	28	☐
14	☐	29	☐
15	☐	30	☐

♥ Weekly Check-In

Week 1

How did it go?

Week 2

Week 3

Week 4

♥ Remember

Missing one day doesn't erase your progress.

Healthy habits are built through consistency over time, not perfection.

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PAGE 6 – Dealing With Setbacks

Everyone experiences setbacks when trying to build new habits.

Missing a day or having a difficult week doesn't mean you've failed. What matters most is choosing to begin again.

Remember, progress is rarely a straight line.

♥ What challenges have I faced?

☐ I forgot.

☐ I was too busy.

☐ I felt tired.

☐ I lacked motivation.

☐ I felt stressed.

☐ I became distracted.

☐ My routine changed.

☐ Other:

♥ What can I learn from this?

♥ What could I do differently next time?

☐ Set a reminder.

☐ Start with a smaller goal.

☐ Ask someone to encourage me.

☐ Prepare the night before.

☐ Keep my habit simple.

☐ Be kinder to myself.

☐ Try again tomorrow.

☐ Other:

My New Plan

Remember

Every successful person has experienced setbacks.

The difference is they didn't give up—they kept going.

One difficult day does not define your journey.

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PAGE 7 – Celebrating Progress

Building healthy habits isn't about being perfect—it's about recognising every step forward, no matter how small.

Take a moment to celebrate what you've achieved so far.

 This week I am proud because...

 Positive changes I've noticed

- ☐ I have more energy.
- ☐ I feel happier.
- ☐ I feel calmer.
- ☐ I sleep better.
- ☐ I feel healthier.
- ☐ I'm more confident.
- ☐ I'm more organised.
- ☐ My routine is improving.
- ☐ I'm sticking with my goals.
- ☐ Other:

 Three achievements I'm proud of

1.

2.

3.

♥ How will I reward myself?

- ☐ Watch my favourite film
- ☐ Spend time outdoors
- ☐ Read a book
- ☐ Have a relaxing bath
- ☐ Meet a friend
- ☐ Enjoy my favourite healthy meal
- ☐ Buy myself something small
- ☐ Other:

♥ Remember

Every healthy choice you make is an investment in your future.

Celebrate progress, be patient with yourself, and keep moving forward—one habit at a time.

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PAGE 8 – Building a Routine

Healthy habits become easier when they become part of your daily routine.

You don't need a perfect schedule. A simple routine that works for you is more likely to last.

My Morning Routine

- ☐ Wake up at the same time
- ☐ Drink a glass of water
- ☐ Eat a healthy breakfast
- ☐ Stretch or move my body
- ☐ Practice gratitude
- ☐ Spend 5 minutes planning my day
- ☐ Other:

My Evening Routine

- ☐ Put my phone away before bed
- ☐ Prepare for tomorrow
- ☐ Read for 10 minutes
- ☐ Practice relaxation
- ☐ Reflect on my day
- ☐ Go to bed at a regular time
- ☐ Other:

♥ One routine I want to improve

♥ My Routine Goal

I will start by...

♥ Remember

Small routines repeated every day can lead to lasting positive changes.

You don't have to do everything.

Start small. Stay consistent. Keep going.

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PAGE 9 – Keeping Good Habits Going

Building a habit is a great achievement. Keeping it going is where lasting change happens.

Remember, healthy habits are part of a lifelong journey. Some days will be easier than others, and that's completely normal.

♥ What helps me stay on track?

- ☐ Planning ahead
- ☐ Setting reminders
- ☐ Tracking my progress
- ☐ Asking for support
- ☐ Celebrating small wins
- ☐ Keeping my goals realistic
- ☐ Being kind to myself
- ☐ Remembering why I started
- ☐ Other:

♥ My Biggest Motivation

When I feel like giving up, I want to remember...

If I Miss a Day...

I will...

- ☐ Start again tomorrow.
- ☐ Avoid being hard on myself.
- ☐ Focus on progress, not perfection.
- ☐ Learn from what happened.
- ☐ Keep moving forward.

My Personal Encouragement

Write a message to yourself for difficult days.

Remember

Healthy habits aren't about never making mistakes.

They're about choosing to begin again whenever you need to.

Every positive choice matters.

Every step counts.

And every day is a new opportunity to move forward.

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PAGE 10 – My Healthy Habits Action Plan

Congratulations on working through this workbook.

Remember, lasting habits aren't built overnight. They are created through small, consistent actions that gradually become part of everyday life.

Use this page to create your personal plan for the weeks ahead.

 My Top 3 Healthy Habits

Habit 1

Habit 2

Habit 3

 Three Things I'll Do This Week

☐ _____

☐ _____

☐ _____

Who Can Support Me?

How Will I Stay Motivated?

- ☐ Track my progress
- ☐ Celebrate small wins
- ☐ Set reminders
- ☐ Keep my goals realistic
- ☐ Remember why I started
- ☐ Ask for support when needed
- ☐ Be kind to myself
- ☐ Other:

My Promise to Myself

"I will keep taking small steps towards a healthier, happier life. Even if I have setbacks, I will choose to keep moving forward."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

Healthy habits are one of the greatest gifts you can give yourself.

Every healthy choice, no matter how small, is an investment in your future wellbeing.

Keep believing in yourself, stay patient, and remember that meaningful change happens one day at a time.

Thank you for using this workbook.

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 Supporting your mental health and wellbeing, one healthy habit at a time.