



The Habit

BUILDER GUIDE



**Simple Habits That Fit Into Real
Life and Actually Stick**

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WHY MOST HABITS FAIL

Have you ever started a new habit feeling motivated and excited, only to find yourself back to your old routines a few weeks later?

If so, you're not alone.

Many people assume they lack motivation, discipline, or willpower. But often the real reason is much simpler.

Your brain is designed to keep you safe.

One of your brain's jobs is to conserve energy and avoid unnecessary risk. Anything new, unfamiliar, or requiring significant effort can trigger resistance. This is why you might experience procrastination, forgetfulness, or all-or-nothing thinking when trying to make changes.

The good news?

You don't need more motivation.

You simply need to work with your brain rather than against it.

The three strategies in this guide will help you do exactly that.



HABIT #1: STACK IT

What Is Habit Stacking?

Habit stacking means attaching a new habit to something you already do automatically every day.

Instead of relying on memory, you use an existing routine as a reminder.

Formula

After I _____, I will _____.

Example 1

After I brush my teeth, I will take three calming breaths.

Example 2

After I put the kettle on for my morning coffee, I will make and drink my protein shake.

Why It Works

Your existing habit acts as a trigger, making the new behaviour easier to remember and perform consistently.



HABIT #2: MAKE IT SMALL & EASY

Why Smaller Is Better

Many people try to change too much at once. The bigger the habit, the more resistance your brain is likely to create.

Small habits feel safe. And what feels safe is much easier to repeat.

Remember: Consistency beats intensity.

Example 1

Instead of committing to a 45-minute workout, start with a 5-minute walk.

Example 2

Instead of drinking 3 litres of water immediately, start by drinking one glass of water when you wake up.

Why It Works

Every time you successfully complete a small habit, you build confidence and strengthen the neural pathways associated with that behaviour. Once the habit feels automatic, you can build upon it.



HABIT #3: CELEBRATE

Why Celebration Matters

Most people skip this step.

But your brain loves rewards. When you celebrate immediately after completing a habit, you send your brain a message that says:

"This is good."

"This is safe."

"Let's do it again."



Example 1

After completing your habit, say: "Well done, me!"

Example 2

Give yourself a smile, fist pump, or small clap.

Why It Works

Positive emotions strengthen neural pathways and increase the likelihood that you'll repeat the habit in the future.

The celebration doesn't need to be big.

It simply needs to feel genuine.

READY FOR YOUR NEXT STEP?

You've learned how to create habits that fit into real life and actually stick. Now it's time to put them into action.

Option 1: Join My FREE Energy & Fat Loss Reset Workshop

A practical and interactive 45-minute online workshop designed to help women in perimenopause:

- ✓ Understand what's really happening in their body
- ✓ Learn 7 simple science-backed methods to lower stress and support fat loss
- ✓ Discover 2 habit-building methods for lasting change
- ✓ Walk away with 1 personalised habit to start immediately

Reserve your free spot now [BOOK NOW](#)

Option 2: Join the Perimenopause Power Reset Programme

If you're ready for personalised support and lasting results, the Perimenopause Power Reset Programme will help you create sustainable habits that support:

- ✓ Energy
- ✓ Sleep
- ✓ Stress management
- ✓ Nutrition
- ✓ Healthy weight management
- ✓ Overall wellbeing

Through coaching, practical tools, accountability, and a supportive community, you'll learn how to work with your body instead of against it.

[LEARN MORE](#)

