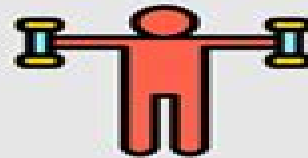


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HOW TO BUILD NEW HEALTHY HABITS

21 HEALTHY HABITS TO GET THE BALL ROLLING

- 1 Eat breakfast
- 2 Meal prep breakfast and lunches
- 3 Drink more water
- 4 Exercise consistently
- 5 Increase cardiovascular fitness
- 6 Unplug
- 7 Learn a new skill
- 8 Read more books
- 9 Get Better Sleep
- 10 Build Strength
- 11 Spend more time outdoors
- 12 Increase mobility
- 13 Be more Mindful
- 14 Meditate
- 15 Practice gratitude
- 16 Spend time with family
- 17 Prioritize self care
- 18 Cook some new healthy recipes
- 19 Drink less alcohol
- 20 listen to a podcast
- 21 Eat a more balanced diet



Ideas Habit Building

Lingsheng Yao



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