

# SUSTAINING HABITS

*and goals*

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# Agenda



Goal setting



Consistency and  
accountability



Overcoming barriers and top  
tips

# New Year Resolutions

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Nearly 1 in 5 people feel under pressure to set New Year's resolutions.

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More than 3 in 5 people have opted to make physical or dietary changes.

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1 in 5 individuals' resolutions are likely to last *less than one month*.

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34% of peoples' goals have lasted for between one and three months.

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6% of people stick to their resolution for nine to 12 months.

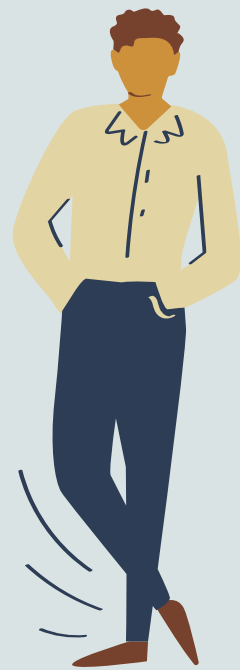
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[British New Year's Resolutions: Trends and Statistics for 2024 - Forbes Advisor UK](#)

# Goal setting



Simple



Realistic



Measurable



Timebound



Achievable

# SHORT & LONG TERM *Goals*



What are your goals?

Break down your goals into manageable bite size pieces so as not to be overwhelmed.



# CONSISTENCY

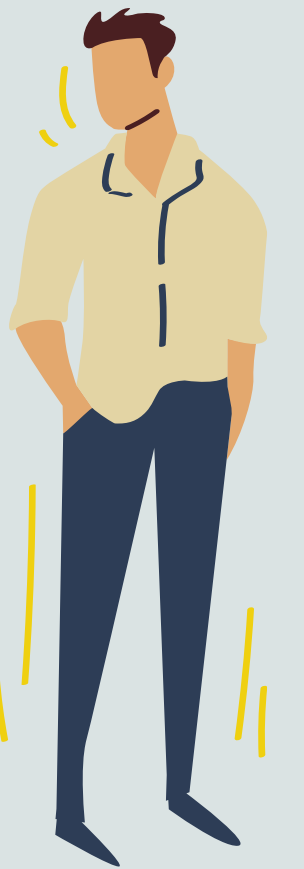
*and accountability*

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# BUILDING CONSISTENCY

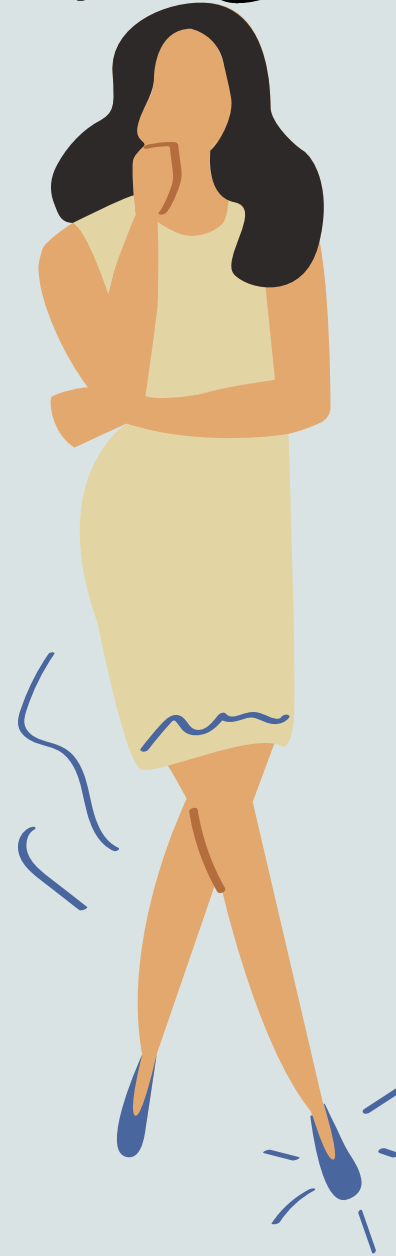
*short and long  
term*



## Your Strengths

Working to build your goals based on your likes, what you enjoy doing the most as you'll stick at it for longer.

Find an exercise that you enjoy and will want to do each week.



## Unexplored Strengths

Areas of improvement that you can focus on to improve your health and well being both short and longer term.

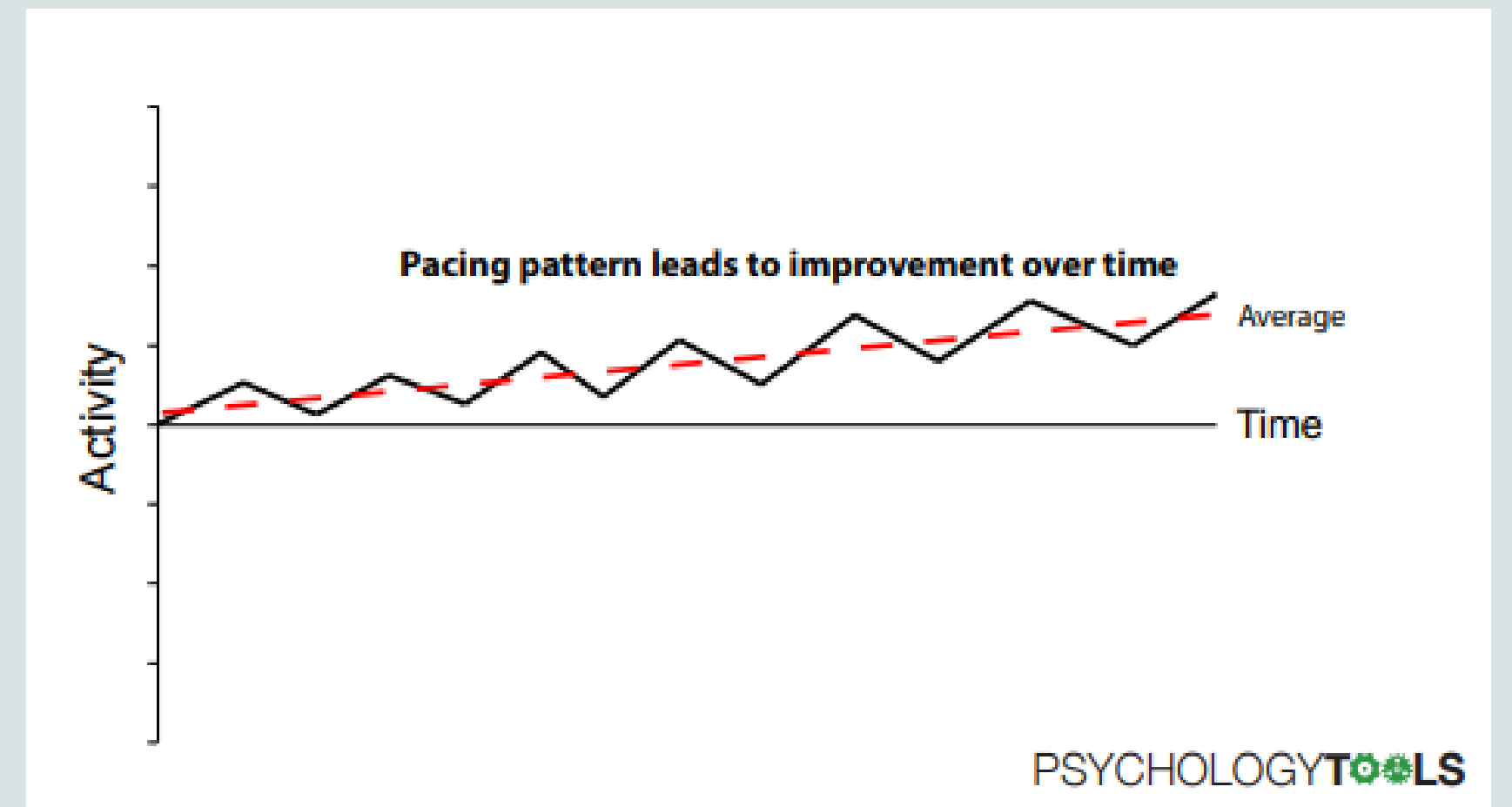
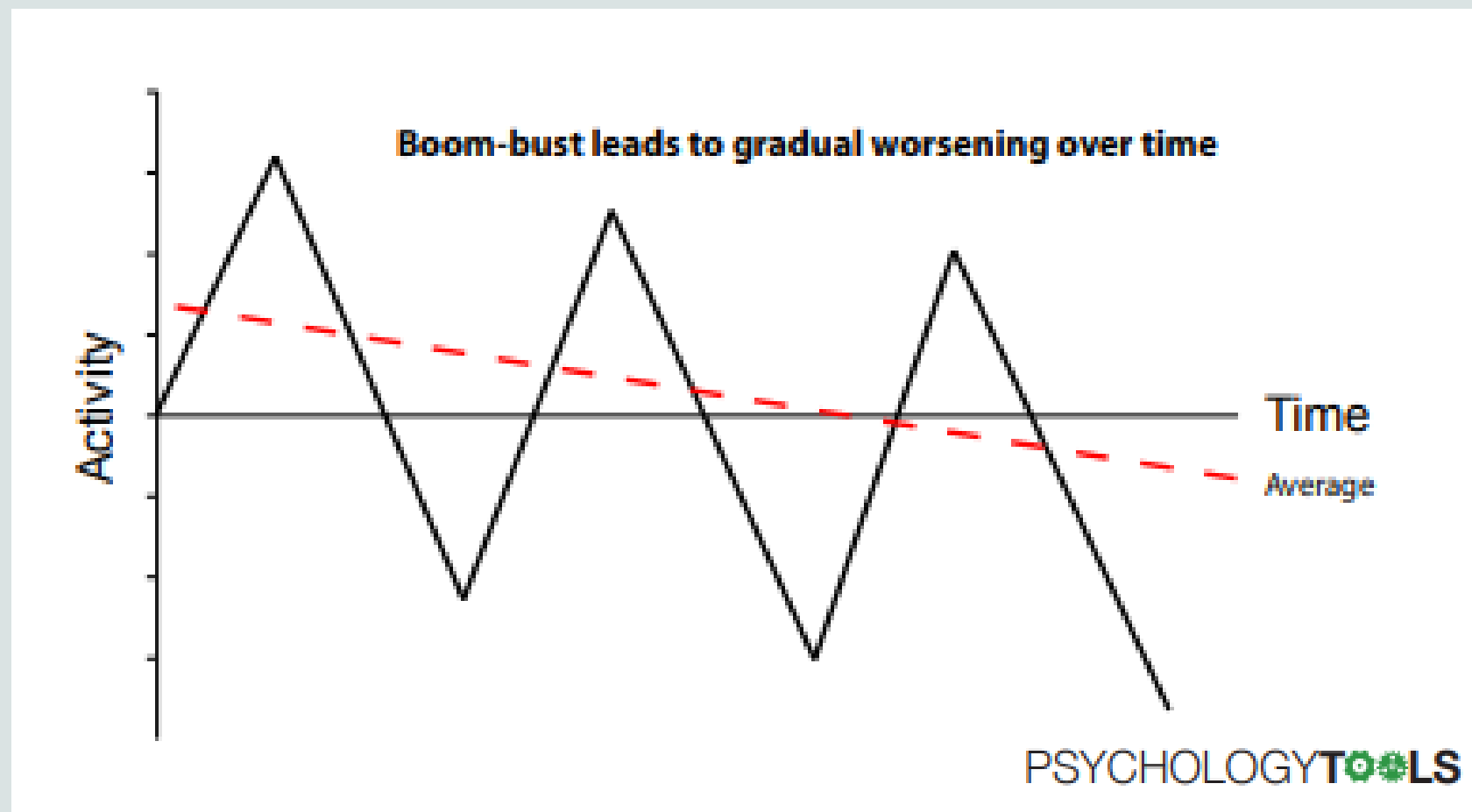
What can you add to your lifestyle?

Future proof your health.

# AVOIDING *Boom and Bust*

BOOM-BUST IS NOT SUSTAINABLE

SLOW AND STEADY WINS THE RACE





## Accountability

Taking action and recording your progress can help to build accountability to yourself.

Making a plan for the day or week can add structure to your goals and ensure you focus on achieving them.

When we write things down it solidifies our need for action.



## Challenging Your Goals

Set backs are all part of progress so don't be discouraged.

Progress is key along with consistency not perfection.

Review the action, plan the next step and move on. Don't write off your day or week due to one slip up.

# Keeping a Record

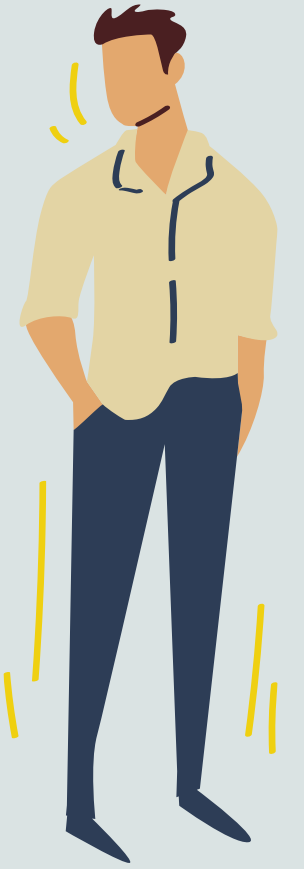


- Keep a diary or record your progress.
- Try logging your mood before and after you engage in an activity towards your goal and see how this changes. This can act as useful motivation.

# BUILDING

## *Accountability*

- Regular check-ins
- Commit to a coffee date with yourself the same time very week to review your goals and reflect on learning
- Treat the coffee date the same way as you would meeting a colleague or friend – make sure you prioritise yourself.





# OVERCOMING BARRIERS

*and top tips*

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Time      Physical ability      Energy  
Location      Money

# MOTIVATION

*...or discipline?*

## LACK OF MOTIVATION IS NORMAL

“Motivation gets you going, but discipline keeps you growing” – John C. Maxwell

## WHY NOT TRY...

- Teaming up with a friend to do an activity together.
- Preparing for your activity in advance.
- Reminding yourself of your vision

# DO MORE OF *what you love*



List 3 things you would  
love to do MORE



List 3 things you would  
like to do LESS



# MORNING ROUTINES

*establish better  
habits*



Stretch and Mobilise

Prepare for the day ahead - quiet time

Healthy fuels

Mindfulness/time for you

Breaks throughout the day

# The 5-minute rule

FEELING  
DEMOTIVATED?

A large black circle containing the number 5.

WHAT DO I DO?

- Try doing a task for just 5 minutes.
- If you want to stop after 5 minutes, you can.
- However, often, people then feel they can continue to do a task for longer.

GETTING STARTED CAN  
BE THE HARDEST THING

- Often getting started can be the hardest thing, so this can be a useful tool to avoid feeling overwhelmed by a task.
- You may wish to do different variations on this exercise, but time limits are often more useful than tasks limits.

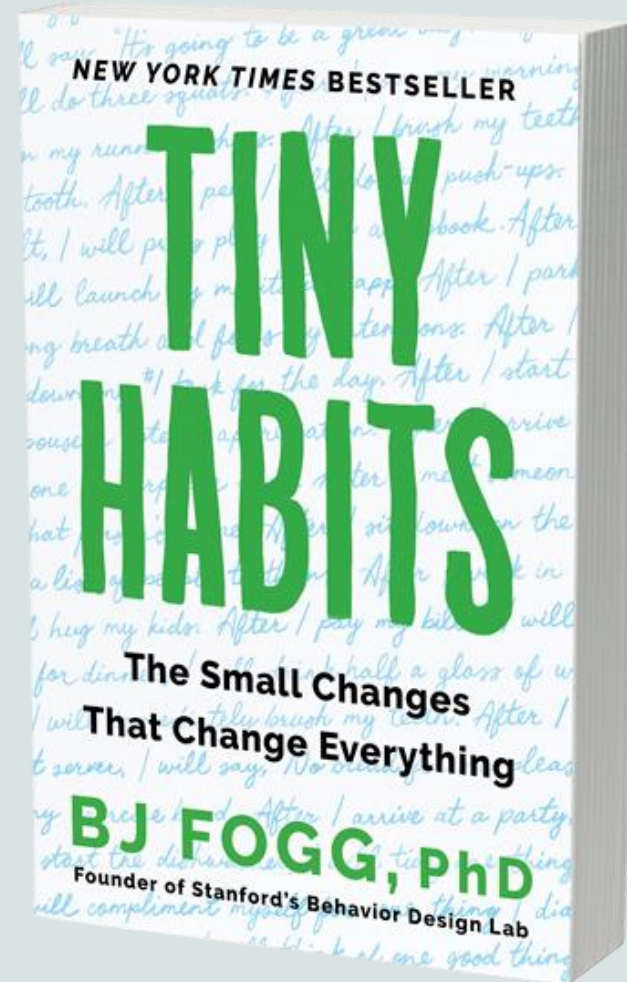


# Tiny Habits

It's also worth thinking about what you do *whilst* you do things

e.g. "Whilst I brush my teeth, I will employ mindfulness / squat."  
"Whilst I wait for the kettle to boil, I will do push ups"

Start small  
and gradually  
increase



## CHOOSE AN ACTIVITY

- That you do at least once a day.
- That takes you less than 30 seconds.
- That requires little effort.

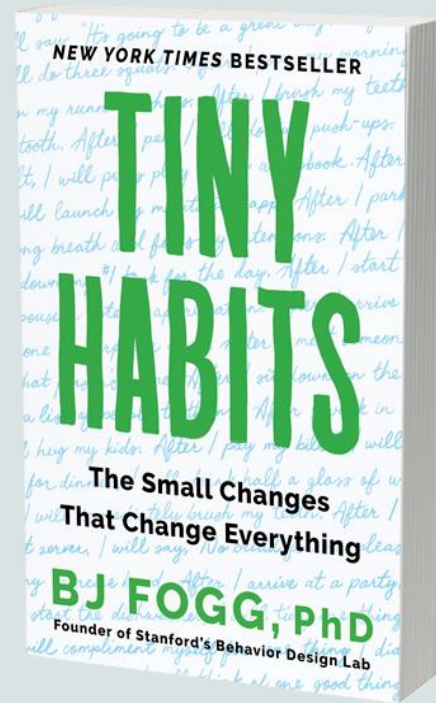
## EXAMPLES

- "After I brush, I will floss one tooth."
- "After I pour my morning coffee, I will open my journal."
- "After I use my home toilet, I will do two push ups."
- "After I sit down on the train, I will take three deep breaths."
- "After I put my head on the pillow, I will think of one good thing from my day."

After I.... → I will... → *\*Celebrate/congratulate yourself\**

This positively reinforces  
the behaviour through  
operant conditioning

# Recommended reading and listening




SUNDAY TIMES NO.1 BESTSELLER

Why Has Nobody Told Me **This** Before?

Everyday Tools for Life's Ups & Downs

DR JULIE SMITH

STOP STRUGGLING, START LIVING



RUSS HARRIS

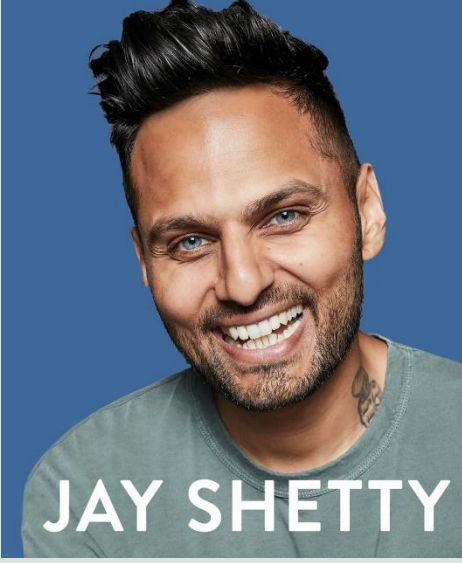
THE HAPPINESS TRAP

MILLION-COPY BESTSELLER

'Shines a powerful beacon forward into the night. Enjoy the journey'  
Steven Hayes, bestselling author of *Get Out of Your Mind and Into Your Life*

THINK LIKE A MONK

TRAIN YOUR MIND FOR PEACE AND PURPOSE EVERY DAY




JAY SHETTY

Tiny Changes, Remarkable Results

Atomic Habits


An Easy and Proven Way to Build Good Habits and Break Bad Ones

James Clear



DE CHATTERJEE

FEEL BETTER LIVE MORE



THE DIARY OF A CEO

BY STEVEN BARTLETT

“

DON'T  
UNDERESTIMATE  
*yourself*





THANK YOU  
*for listening*

Any questions?

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[Home - People Portal](https://www.nhs.uk/home-people-portal)

[\(howpeople.nhs.uk\)](https://www.nhs.uk/how-people-portal)