

Building Habits

TO ACHIEVE YOUR NEW YEAR GOALS

Remember to keep your habits **simple**. Create **small** and **reasonable goals** that can be achieved with **specific actions**.

Habit Stacking

Take a habit you already have and add on the one you want to start! Here is more information on [‘Habit Stacking’](#).

Micro-Habits

Make small adjustments over time to your daily routine to help you achieve your goal. To learn how to add micro-habits to your routine, check out [‘Focus on Microhabits’](#) for examples.

Resources

- [More Information on creating habits!](#)
- [More apps to help!](#)

Apps to help



[Habitica](#) is an interactive, gamified habit tracker. In which you can gain in game rewards when you complete your goal.

[Goalify](#) is an app designed to improve consistency when starting new habits. With reminders and groups to hold you accountable.



[Done](#) is a simple, minimalistic app to track your habits. You are able to set daily goals to either build a habit or stop an unhealthy one.

Temptation Bundling

Bundle together an activity that is instantly gratifying (watching a show, scrolling through social media, listening to music) and a less enjoyable but beneficial activity (working out, chores, homework). Here is more information on [‘Temptation Bundling’](#).

Showing Yourself Love

ON VALENTINE'S DAY



Pamper Yourself

Take some time out of the day to focus on yourself. Massage therapy is located in Crest Wellness Center on upper campus and is available to students and employees.

Spend Time With Others

Valentine's Day is a good time to reach out to friends and family. Beaver Creek is now offering free entry to all UWEC students. Gather your closest friends and explore the 9 miles of trails, butterfly house, nature center and more!

Treat Yourself

Get out and try something new! Eau Claire has so much to offer. If you don't know where to start, check out Earn Your Degree in Eau Claireology. A free mobile passport that lists popular places in Eau Claire. Visit enough places listed and you can earn a reward!

Write a Love Letter

Show yourself love and gratitude by writing yourself a letter. Write a letter to your past self, present self or future self. Seal it up and open it next Valentine's Day. Here is an example.

Self Love Week

Enjoy free candy, flowers, trivia and self-love themed yoga classes throughout the week of Valentine's! Check out @uwec_recreation on instagram for the schedule.