



Small steps to health & wellbeing

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Welcome

- Overview small step theories
- Discuss 6 key areas of health & wellbeing
- Identify specific actions you can take
- Prepare your own action plan



Small Steps

- Nudge Theory
- Kotter's change management process
- Progress over perfection



6 key areas of lifestyle

- Eating Habits
- Relationships
- Self-care
- Mindset
- Movement
- Home Practices



Eating Habits

- Sit down for meals
- Start with vegetables
- Carry a water bottle
- Express gratitude



Relationships

- Schedule a weekly phone date
- Listen fully
- Share your day
- Lend a hand



Self-care

- Prioritise sleep
- Relax and recharge
- Start a flossing routine
- Increase circulation



Mindset

- Laugh more
- Take a beat
- Replace “should” with “could”
- Say a daily affirmation



Movement

- Stand up every 30 – 60 minutes
- Fit it in
- Aim to walk at least 10 minutes
- Sign up for something new



Home Practices

- Buy a plant
- Organise your workspace
- Make your bed every morning
- Declutter



Take action

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Your Opportunity

- 30-minute health history coaching
- 2 – 3 key individual takeaways
- Leave your contact details in the chat