Building Wellness Habits That Stick

November 11, 2026
Build small wellness habits around routines you already have.

What this guide covers

- Choose an existing habit as an anchor.
- Make a new action small and easy to repeat.
- Review your environment and tracking approach.

Who this is for

For readers who prefer gradual habit changes.

Putting the ideas to use

Start with one manageable action and adapt it over time.

Book details

Format: Guide. Pages: 34. Words: 4111.

Download availability: After payment, download the complete ZIP package or the included PDF separately.