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Building Your Routine

Motivation is great... but it's unpredictable. Routines are what carry you on the days when energy is low, schedules are busy, or life gets messy. When your habits have a "home" in your day, they stop feeling like extra work and start feeling like part of who you are. Today is all about building a routine that supports your metabolism in a way that feels natural, not forced.

Habit Stacking = pairing a new habit with an existing habit so it becomes automatic. Instead of relying on willpower, you use a routine that already exists as the anchor.

01 Mini Teaching

A small ritual done daily beats a perfect plan done rarely, every time. Your body responds to what you repeat, not what you do once in a while when everything is ideal. The goal is to make healthy habits frictionless: quick, simple, and so consistent they almost happen on autopilot. Over time, these tiny rituals compound into major metabolic improvements.

02 Example

Think of habit stacking like adding a new ornament to a tree that's already standing — the structure is already there, so the new addition has support. Your existing routines (brushing your teeth, making coffee, getting in the car, eating lunch) are sturdy "branches" you can use to attach new habits. When you build habits this way, they're more likely to stick because they don't depend on remembering — they depend on rhythm. And rhythm is much easier to sustain than willpower.

03 Try This Today

Choose one new habit and attach it to something you already do every day. For example: after brushing your teeth, write one gratitude sentence; after lunch, walk for 5 minutes; after making coffee, drink a full glass of water. Keep it small enough that it feels almost too easy — because easy habits are the ones that survive real life. Bonus: tell yourself, "I'm the kind of person who does this daily."

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