

5 Habits That Stick



*Hey there! I'm Desiree — a Behavior Analyst & Health/Wellness Coach.
I help professionals like you create routines that actually stick and feel good.*

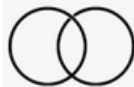
If you've ever tried a "perfect" habit and failed, or felt guilty for missing a day — this guide is for you. These are realistic, human strategies that work even when life is messy.



1. Start Small (*Seriously, tiny*)

You don't need a 30-min workout to win your day.

Start with a mini version. 1 push-up, 1 minute journaling, 1 glass of water. Small wins build real momentum.



2. Pair It With Something You Already Do

Habits are easier when they sneak into routines you already have.
"After I brush my teeth, I'll stretch."

Done. Automatic.



3. Set Up Visual Reminders

Make your environment a helper, not a hurdle.

Keep water on your desk, journal by your bed, or put your workout shoes in sight. The cues do the work.



4. Celebrate the Tiny Wins

Don't wait for perfection. High-five yourself, literally or mentally. That positive reinforcement is gold.



5. Plan for Life (Not a Robot)

Some days won't go as planned — that's okay. Have a "bare minimum" version ready for busy days (5-min walk instead of 30).

Consistency beats perfection every time.

This is just the start — imagine what you could build with support tailored to you, your schedule, your life.

I'm here to help you make habits work without guilt or overwhelm.

Ready for a gentle start? Try the 5-Day Mindset Reset - an email based sequence with daily prompts and reflections. [👉 Get it here](#)

Curious about 1:1 coaching? Let's chat — no pressure, just a friendly conversation to see what works for you. [Schedule a clarity call](#)