

Healthy Habits

Are you struggling to remember to put your hearing aids in? Or perhaps forgetting to use a new communication strategy? Despite feeling motivated to build a new positive habit it can be challenging to sustain the habit over time. There is a science and art to successfully building positive habits and the following worksheet is designed to assist.

The secret to a good habit is starting small. A small habit can be built on over time to create bigger habits. This is known as 'habit stacking'. It is also important to design your environment so that there is a cue to remind you about your habit. A good cue is another habit that you already perform daily. Successful habits are sustained over time when you crave the habits outcome. It is therefore important that you reward yourself for completing your habit. The reward does not have to be big, just something that you will find truly satisfying.

On the following page you will find prompts to help you define your new habit, its cue and your reward. We hope that this will assist people with hearing conditions to build habits that support their social and emotional needs.

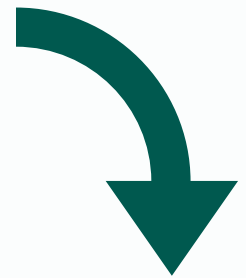
You can find more information about habits that support people with hearing conditions on our website or contact us for tailored advice.



My Habit Roadmap

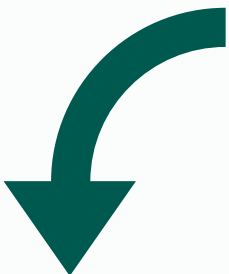
When I...

An existing daily habit that you are willing to build on eg. brushing your teeth



I will then...

A positive action that you want to make a habit eg. putting in your hearing aids



& I will enjoy...

A small reward that you will genuinely enjoy eg. listening to music over breakfast



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