**Ways to Build New Habits**

If you’re struggling to start or follow through with those new habits you’ve been trying to build, you’re not alone! So to help you get back on track, here a few tips and tricks on creating new habits!

1. **Start with a small habit:** Pick a habit you want to build that’s small and easy. Motivation is often what drives people when enforcing habits. The problem is, people aren’t always motivated. So, pick a small habit that’s easy enough to do without the motivation!
2. **Increase your habits in small increments:** Building new habits takes time. Instead of trying to do everything perfectly right from the start, work on improving slowly over time. This will make your new habits easier to stick to
3. **When you slip up, get back on track fast:** Everyone makes mistakes and gets off track. But the important thing is to get right back to it as soon as possible! Consistency is more important than perfection.
4. **Be patient:** This can be a tough one. But we know habits take time! Set your new habits at a pace you can sustain to help ensure you’ll be successful!

Whether you’ve started some New Year’s Resolutions that you’re struggling with, or you’re all about self-improvement, building new habits is an important skill that we all can always work on. There are plenty of other resources out there on building new habits and how to stick with them. Hopefully, these few tips can help you get started on building your new habits!