



HUB HABITS

Habits to embody long term wellness + vitality with ease

- THE HEALTH HUB -



Your habits are so powerful. Somewhere between 40 - 95% of human behaviour falls into the habit category. Things we do without really thinking. Like brushing our teeth, the way we wash our hands, falling onto the couch after a big day of work or scrolling Instagram as a procrastination.

We're all trying to be more intentional about what we do and how we show up in the world, but the worlds best hack is to stop trying and instead start creating habits so that we live on purpose by design.

If you find that you're regularly falling in and out of your wellness rituals in any of these ways, our program is going to be an absolute saviour for your health and lifestyle:

- :: starting a workout program or at the gym, only to be cancelling your barely used membership 6 months in
- :: always searching for a new diet to try in hopes it could be the one that sticks
- :: seeing a supplement graveyard in your pantry of potions and pills that you purchased but kind of forgot about
- :: having the best of intentions to keep your pantry tidy, but spending way too much time looking for the curry powder when you need it

Any of these sound familiar or similar to what you're experiencing? Then lets help you to flip the behaviours here!

We have created our Hub Habits program to help you to get on track with your health. Because deprivation dieting or trendy workout programs aren't working long term. It's not about what you do sometimes, it's what you do daily that makes the difference!

HUB HABITS

A FEW THINGS YOU NEED TO KNOW ABOUT HABITS

Creating habits gives your mind more creative space

If your brain is constantly making decisions and trying to figure out the next move, it can't do its job as well. When you create a habit your brain will create pathways for the new pattern and it will eventually become automated (like brushing your teeth or driving to work).

This also reduces decision fatigue, which is the difficulty in making a good decision as a result of the number of decisions you need to make. We only have the mental capacity to make a certain number of decisions, so through this guide we'll show you how to make less!

So essentially, the more healthy habits you create, the more space your brain has to focus on more important things.

Repetition is key

James Clear who wrote the amazing book 'Atomic Habits' shares - "How long it takes a new habit to form can vary widely depending on the behaviour, the person, and the circumstances." On average, studies have shown it takes more than two months or sixty-six days for a habit to become automatic. But there is one exciting caveat – missing one opportunity to perform the behaviour didn't affect the habit process.

Which means, you can skip time or two of the new behaviour and still develop the habit.

You don't need to be perfect.

The more repetitions you do, the better chance it will become a habit.

Having visual cues makes it easier to maintain habits.

This is something you'll learn in this program, we're going to support you to set your environment up for success around habits so that you have the best chance of success. All you need to do is follow our suggestions and you'll see massive changes.

WATER



Our body is 60 percent water, which makes it pretty obvious why we need to ensure we're staying hydrated. You'll know you're not getting enough hydration if you experience any of these symptoms -

- :: Dry mouth, lips and/or eyes
- :: Dark yellow pee
- :: Feeling tired after a good night rest
- :: Full and dry skin

And especially if you're finding there are times in the day when you're feeling super thirsty, it means you're falling behind.

But it's not just how much water we're drinking, it's the quality also. If you're drinking tap water and not filtering it, it's time to make a change. In Australia, our tap water is only monitored for 70 chemicals, while there is over 300 that should be of concern. Micro-plastics are commonly found in tap water and they remain unregulated.

Plus there are almost 50 chemicals that are added to the water supply for purification. Things like Chlorine, Fluoride and Aluminium which are claimed to be harmless in small quantities but remembering that we're drinking this daily and that small amounts compounded over time might not be a great choice.

WATER

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HYDROGEN
HEALTH WATER
BOTTLE](#)

*Click me!

We personally love the Hydrogen Health Water Bottle because it has a built in filter which you can use with any water and take with you on the go. There's some amazing information about WHY this is so powerful on the website which you can check out here - (link site again)

You can use tap water in this bottle, but we highly recommend sourcing local spring water. You can literally google "Spring water near me" and you'll find plenty of places you can buy water or have it delivered. We get ours from the local farmers markets each week and take big reusable 11 litre bottles. When you switch to clean, living water, you will feel a massive difference in your energy!

So each day, aim to drink 3 litres of pure filtered spring water. If you have coffee, caffeinated tea, alcohol or are in the heat please increase that amount.

VISUAL CUE:

HAVE A DRINK BOTTLE THAT YOU TAKE WITH YOU EVERYWHERE. EACH NIGHT BE SURE TO FILL IT UP AND PUT IT ON YOUR BEDSIDE TABLE SO WHEN YOU WAKE UP THE FIRST THING YOU DO IS TAKE A BIG GULP. WE ARE SO DEHYDRATED AFTER SLEEP AND THIS WILL BE A GREAT WAY TO ENERGISE YOU FIRST THING!



WALKING

Like we mentioned at the start of this book, it's the small habits, compounded over time, that will make the biggest difference to your health.

Walking daily increases your cardiovascular fitness and can help to reduce the risk of heart disease and stroke. It's one of the most simple ways to maintain a healthy weight and it's a great chance to have some time to yourself if it's possible to walk solo.

If you love the gym or a good HIIT workout or pilates class, then keep it up!

We want to support you to habits that will last forever also. And getting outdoors in to the fresh air and walking for 20 minutes minimum per day is a habit that will serve your mental and physical health for life.

If you want to walk for longer, go for it! But 20 minutes as a minimum is a tiny chunk of your day and is achievable for all. If you have small kids, find a park or big oval where they can play and do some laps for the time.

WALKING

Choose a time of day that will work for you.

Waking up 30 minutes earlier than usual is achievable for most and if you set up your Visual Cue below then it'll be super simple.

Get your runners on, set a timer for 10 minutes and walk. When the timer is done, turn around and walk 10 minutes back home. EASY!

VISUAL CUE:

PLACE YOUR ACTIVEWEAR AND RUNNERS NEXT TO YOUR BED EACH NIGHT AFTER YOU'VE FILLED UP YOUR DRINK BOTTLE. HAVE THEM READY TO GO AND STOP DECISION FATIGUE.

MEDITATION

Meditation is the practice of focused concentration, choosing to stay in the present moment over and over again.

We're going to make it SO simple for you to start this habit. First up, there is a plethora of apps you can download to support you.

- :: Insight Timer
- :: Headspace
- :: Omvana
- :: State (breathwork)
- :: Youtube
- :: Spotify

Let me tell you this, it can be as complex or as simple as you desire. And there are many many different ways to meditate.

Here are some suggestions you could add into your habits -

- :: Walking meditations on your daily 20 minute walk. Simple search 'Walking Meditation' on YouTube, Spotify or Insight Timer.
- :: Sleep meditation before you go to bed
- :: Listen to Binaural Beats on Spotify. These are claimed to be able to boost focus and concentration, promote relaxation and even reduce stress and anxiety.
- :: Show up to school pick up a little early and do a meditation in your car.

Your job right now is to simply decide what is achievable for you in this phase of your life. Are you able to make time during your day to plug your headphones in and listen to a guided meditation on one of the above apps? Can you commit to simply listening to a nighttime meditation before bed?

The goal isn't to be perfect, the goal is to just do it. Even 5 minutes will be more beneficial than not at all.

MEDITATION

VISUAL CUE:

THIS ONE WILL DEPEND ON WHERE AND WHEN YOU'RE GOING TO FIT IN YOUR MEDITATIONS.

IF YOU CAN DO IT FROM THE COMFORT OF YOUR BEDROOM, SET A CUSHION AND YOUR HEADPHONES ON THE GROUND SOMEWHERE THAT YOU WILL BE DOING YOUR MEDI (IF YOU HAVE SOME ANGEL OR ORACLE CARDS THAT'S A BONUS TO SET UP IN THE SPACE!).

IF YOU'LL BE MEDITATING FROM WORK, SET A DAILY ALARM TO REMIND YOU. IF IT'S GOING TO BE FROM THE CAR WHILE YOU WAIT FOR THE KIDS MAKE SURE YOUR HEADPHONES ARE IN THE CENTRE CONSOLE.

WHOLE FOOD SUPPLEMENTS



We eat to survive, yet in the fast paced world we live in we need supplementation to thrive.

We truly are undernourished and depleted in REAL FOOD and a lot of people eat out of convenience, disregarding true health.

Inside the Health Hub we recommend our Juice Plus whole-food fruit, vegetable and berry blend capsules and the vegan full spectrum omega oil and our vegan complete protein powder to help bridge the gap in your nutrition and get the edge.

They are the most scientifically researched nutritional product on the market and something we believe in wholeheartedly for your health and vitality.

The thing about our amazing plant medicine products, is that they don't work in the bottle... they work in your BODY!

Your investment is best spent doing what it's meant to do, so making sure that you nail this habit early on will be crucial to you feeling your best.

WHOLE FOOD SUPPLEMENTS

Some suggestions on how you can remember your products -

- :: Place them in a high traffic flow area where you'll see them
- :: Have them next to your blender or kettle so when you're making a smoothie or tea you remember to take them
- :: Place your bottles on your desk or next to your tooth brush
- :: Blend them into your smoothie (you can't taste them!)

The great thing about the capsules is that you get two bottles of each, so you can have one somewhere in your kitchen and the other in another area you spend lots of time. If you're still a little forgetful, put a reminder post it note on your fridge or set a reminder in your phone. If you have an iPhone simply say the following - "hey Siri, remind me to take Juice Plus everyday at 7am!"

VISUAL CUE:

AS SOON AS YOUR JP+ CAPSULES ARRIVE, SET THEM UP IN A PLACE YOU'LL SEE THEM. WE STORE OURS IN CUTE GLASS CONTAINERS FROM KMART!



PERSONAL GROWTH

Just as important as what you feed your body, is what you feed your mind.

We are bombarded daily with information that is like toxins for our thoughts. The news on TV sharing with us what's wrong with the world, and a whole lot of stuff that really isn't our business or necessary for us to know. Social media gives us a quick dopamine hit before we spiral into comparison and device addiction. Gossiping friends and coworkers. Trashy celeb gossip and even junk on the radio sometimes.

It is vital that if we want holistic wellbeing and to feel our best, we feed our mind and crowd out the junk that we can be unintentionally consuming.

The best tip to keeping your mind right is to be a constant student of wellness. The beautiful thing is, you don't have to pay to study!

You can -

- :: Watch a different Wellness Webinar from our Health Hub website each day
- :: Search 'Morning Motivation' on YouTube and listen to a pump up talk in the shower

- :: Read more wellness books in place of scrolling social media

- :: Podcasts! Our favourite are;

- On Purpose with Jay Shetty,

- The School of Greatness with Lewis Howes,

- Melissa Ambrosini,

- The Healthy Hustlers with our own Madelyn Carafa

and so many more.

Have them play in your car instead of the radio each morning on your commute.

VISUAL CUE:

WRITE A QUOTE ON YOUR BATHROOM OR BEDROOM MIRROR THAT WILL REMIND YOU THAT YOU WANT TO BE CONSISTENTLY FEEDING YOUR MIND. SOMETHING LIKE -

'I AM THE MOST VALUABLE INVESTMENT I WILL EVER MAKE' OR 'WHERE I AM A YEAR FROM NOW IS A REFLECTION OF THE CHOICES I MAKE TODAY'. AND WHEN YOU SEE THAT, IT WILL REMIND YOU THAT YOU'RE DEDICATED TO THE INNER WORK AND GROWING YOURSELF!

GRATITUDE

We know in the Health Hub that a gratitude practice can be one of the fastest ways to accelerate healing. Multiple studies have shown that gratitude is not only associated with greater happiness but also helps people to relish in good experiences, improve their physical health and have better relationships.

Plus, it's completely free and take almost no time.

Gratitude is something that you can train your mind to naturally seek out. But it does take some time. So creating practices that will support you to strengthen this muscle is key to healthy mind habits. Below are options that you can choose from to expand your gratitude in your life:

- :: Start a gratitude journal.
- :: Place post it notes around your home that remind you to check in with what you're thankful for in the moment.
- :: Create a thread or chat with friends who are invested in becoming happier too and send each other your list each day.
- :: Adopt the Thankful Thursdays habit where you schedule in 10 minutes in the morning to send out messages to anyone that has impacted you during that week and let them know you're grateful for them.

The most important thing is that you make this a part of your daily life in whatever way you personally can. It is impossible to feel anger, resentment or fear when you're feeling gratitude, so utilise this tool in the moments you need it! .

VISUAL CUE:

HAVE A GRATITUDE JOURNAL SOMEWHERE THAT YOU WILL SEE IT DAILY, NEXT TO YOUR BED OR ON YOUR OFFICE DESK. YOU CAN ALSO SET AN ALARM REMINDER FOR EACH DAY AT A TIME WHEN YOU KNOW THAT YOU WILL BE ABLE TO TAKE A FEW MINUTES TO CONNECT TO YOURSELF. POST IT NOTES AROUND YOUR HOME OR YOUR GRATITUDE WRITTEN ON YOUR MIRROR IN A CHALK PEN OR LIPSTICK IS FUN TOO! MAKE SURE YOU TAKE A PHOTO IF YOU DO THIS AND SHARE IT WITH US ON IG

@HEALTH_HUB_

GREEN DRINK

The method we follow around creating more vital health in the body is called Crowding Out. Essentially it means instead of depriving yourself, taking away the things you love and feeling like you are restricted, you simply add in more of the good which eventually will crowd out habits and foods that don't serve you and make you feel amazing!

One of the first things many of us added into our routine when we started getting curious about health was a daily green smoothie. Not many of us love the idea of chewing on lettuce leaves through the day and this is an amazing way to get in more greens without much effort.

On top of being a great way to get more nutrients in, blending actually makes the goodness in your foods more bioavailable. When you blend whole foods, it's breaking down the tough cell wall and giving you faster access to the nutrients inside, leaving less work for your digestion to handle and more cell loving goodness entering your body for not only a healthier inside, but a more glowy and gorgeous outside too!

So our challenge to you for this 21 day challenge is to include a green drink into your day. You can either start each day with a gorgeous green smoothie for breakfast - make sure you have some good quality protein like our Complete, good fats found in coconut oil or some avocado and lots of amazing plant foods - or have it as an afternoon treat or after dinner craving curber.

Remember, you can 'green-up' your smoothie by using our Complete Protein (which has a variety of body loving sprouts in it) or you can access our smoothie recipes in the Health Hub Members Area (please link the site here!).

VISUAL CUE:

GET THE BLENDER OUT! IF YOUR BLENDER LIVES IN A CUPBOARD OR STORED AWAY, PUT IT ON YOUR COUNTER TOP AND CREATE A SMOOTHIE CREATION ZONE NEXT TO IT WITH YOUR CAPSULES, ANY OTHER POWDERS OR SUPERFOODS YOU WOULD ADD IN AND SOME CUPS. EVEN BETTER, SHARE A PHOTO WITH US IN THE HEALTH HUB!

SELF CARE

Your last task for each day is a little self care. This does not need to be time consuming or 'big'. It just needs to be a pocket of your day for you. Self care is about filling up your cup so you can give from the overflow. If your cup is empty, it's difficult to share your light with others in your day to day life without becoming depleted.

So taking some time for you is not only giving to you but to others.

It can be as small as waking up a little early and making a beautiful ritual out of your morning cup of herbal tea or coffee.

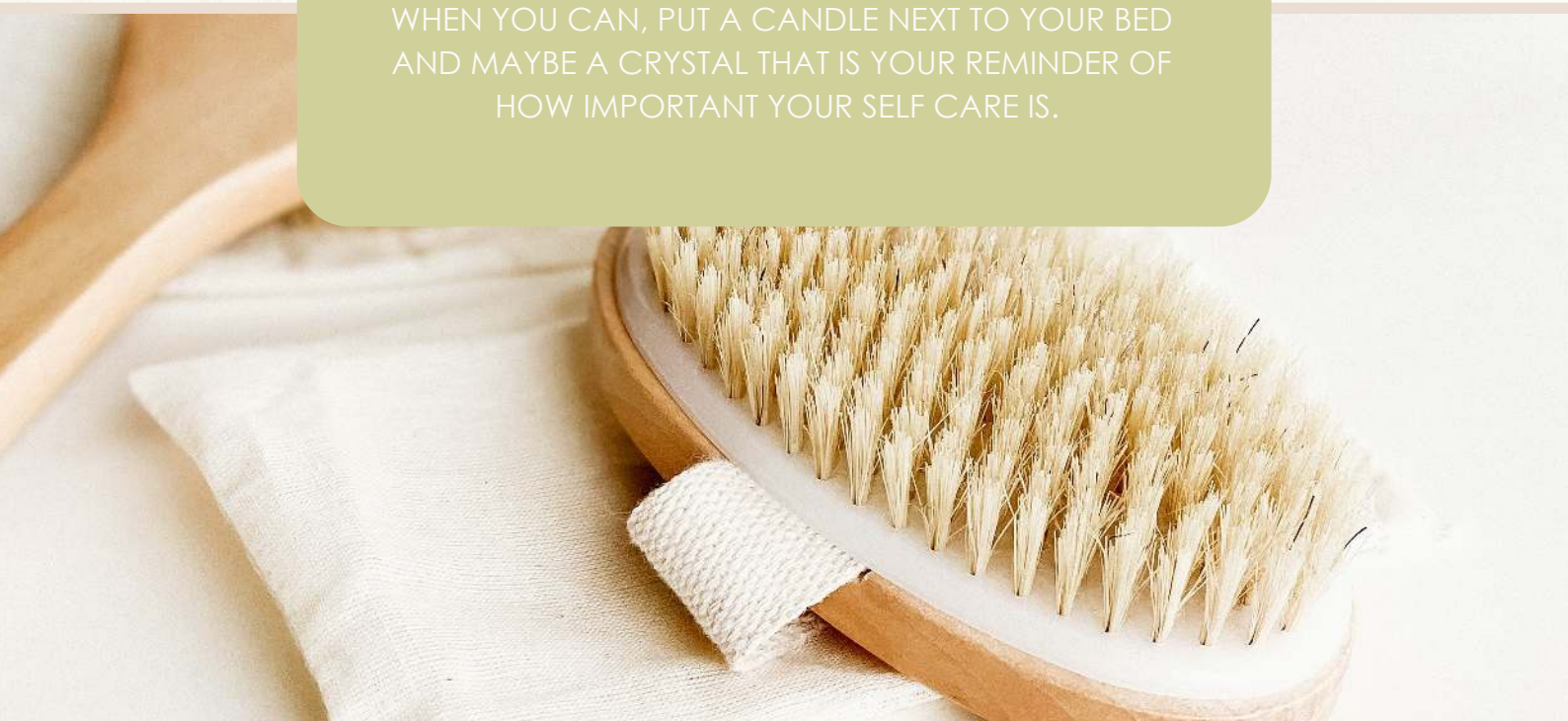
It can be as big as booking yourself a massage on a Sunday.

It can be as simple as giving yourself a moment in your day to take 5 deep breaths and relax your shoulders.

The point of this is that you're taking time in your day to prioritise you. To make sure that you are taken care of. And on the days that you can do bigger self care acts (like a bath, nature walk or something luxurious) make sure you choose you.

VISUAL CUE:

MAKE YOUR BEDROOM A SPACE THAT SHOWS HOW MUCH YOU LOVE YOURSELF. HAVE FRESH FLOWERS WHEN YOU CAN, PUT A CANDLE NEXT TO YOUR BED AND MAYBE A CRYSTAL THAT IS YOUR REMINDER OF HOW IMPORTANT YOUR SELF CARE IS.





Your Commitment to you...

There may be days when nothing gets done. There may be days when you tick only one or two of your Hub Habits off the list. But the most important part is that you print your checklist and put it somewhere that you will see it daily.

You can get fancy and laminate it, put it on your fridge, you can download our iPhone background and make it something that you see whenever you open your phone.

Most important is that you remember that it's not always the big things. A great life is a combination of the small and sometimes seemingly insignificant actions done consistently over time with intention.

Our community is here to support you, to cheer you on and to watch you succeed in living your healthiest and happiest life yet.

Lean on us all and make the most of the magic that is in the Health Hub.