

TEAM NATIONAL

STOP IT SWAP IT



**Congratulations! You have registered to give up
or swap out a bad habit in 30 days!**



PICK YOUR BAD HABIT TO DROP

01



PICK YOUR SUBSTITUTE

02



COMPLETE THE WORKBOOK

03



SUBMIT & ATTEND NEXT TEAM MEET

04



THE RULES

eligibility

- You work for at least one of the National Teams.
- To the best of your knowledge, you are physically able to safely participate in the challenge.
- Employee must be prepared to feel great about themselves after 30 days of a new habit!

guidelines

- challenge runs for the month of September (1st to 30th)
- Employee must register by 28/8/2023 to be eligible for prizes
- Employee must stop a unhealthy habit and swap it for a healthier habit for the minimum duration of the challenge being 30 days.
- Employee must complete the reflective workbook throughout the challenge.
- Employee must submit workbook by MONDAY 2nd OCTOBER

prizes

- Prizes will be awarded to eligible winners at the October Team Meeting. In line with the bonus policy, employee must be present at meeting to receive prizes. (With the exception of being rostered to work)
- Prizes are selected at random by National
- Winners are selected by Team National and all decisions are final.

THE HOW TO

changing habits

The best way to change your bad habits is to directly replace them with new ones. When you create a habit, your brain creates new neurological pathways allowing you to more easily use those habits.

But why do people return to their old habits so often? It's because the neural pathways established as a result of the habits we develop never get deleted. Those pathways are always there for us in case we need to go back and use those same routes again. Of course, this helps us in the many simple and automatic daily tasks we carry out such as walking, talking, running, and eating. We don't need to stop and think about how to walk before we get up and do it! (Of course, this applies to the majority of us who are blessed and lucky enough to be able to do so easily). Since those existing pathways never get erased, the best way to change existing habits is to replace them with new ones.

how can i change a habit

- Identify the habit you want to change/break
- Identify the trigger/cue of this habit
- Identify the routine of this habit
- Identify the reward you are getting from the habit you are wanting to change, then you can consciously choose a different behaviour.

continued...

choose a substitute

You need to have a plan ahead of time for how you will respond when you face the stress or boredom that prompts your bad habit.

What are you going to do when you get the urge to smoke?
(Example: breathing exercises instead.)

What are you going to do when Facebook is calling to you to procrastinate?
(Example: text or call someone directly.)

Whatever it is and whatever you're dealing with, you need to have a plan for what you will do instead of your bad habit.

manage triggers

If you smoke when you drink, then don't go to the bar. If you eat cookies when they are in the house, then throw them all away. If the first thing you do when you sit on the couch is pick up the TV remote, then hide the remote in a closet in a different room. Make it easier on yourself to break bad habits by avoiding the things that cause them.

Right now, your environment makes your bad habit easier and good habits harder. Change your environment and you can change the outcome.

suggestions...

give up

Being inactive
Caffine
Social Media
Couch Potato Session
Late Nights
Sugar
Fast Food
Smoking
Being Negative
Running late
The chocie biscuits

substitute

yoga / gym / walks
increase H2O
a photo a day challenge
boot camp
read a book before bed
try paleo / keto / vegan
meal prep
save money
make someone smile every day
organise your life admin
increase fruit intake

possibilities...

give up

Being inactive

Caffine

Social Media

Couch Potato Session

Late Nights

Sugar

Fast Food

Smoking

Being Negative

Running late

gain

improved mental + physical health

improved sleep = improved productivity

improved meaningful connections.

improved wellness

improved skin, productivity and immunity

improved nutrition and skin

richer and healthier

reduced health risks

greater mindset = inner peace

improved productivity / less stress

triggers...

identify them

To break the bad habit, the simple solution would be to just stop eating the junk food. But, of course, this is never easy, because the real issue is the habit, not the food itself.

Understand the reminder and routine. Your first step is to shine a light on what happens with the current reminder and routine. In this example, at 8 p.m. you visit the kitchen for snack foods and then get comfortable on the couch.

Now ask yourself, why do you go to the kitchen? Make a list of short words or phrases that describe your feelings before you begin the routine. Hunger? Boredom? The desire for pleasure of eating while you watch?

Find your triggers. Research has found that habit triggers typically fit into five categories: **location, time, emotional state, other people, and immediately preceding action.** In the TV-watching scenario, the set of triggers might look like this:

- location: living room
- time: 8 p.m.
- emotional state: bored
- other people: none
- immediately preceding action: favorite TV show comes on.

Note your own situation using these categories and think about what you identify as your patterns.

For instance, maybe you snack only when you watch TV later at night, or when you are in a certain mood. Is it the chocolate bar you get in to? Can you swap it for a whole fruit, low-fat plain yogurt, or a cup of hot tea. Or perhaps the trigger is being on the couch watching TV, try reading a book to keep your hands busy.

name:

team:

designation:



habit you pledge to kick:



why this habit?



new habit you will substitute?



why this habit?



WORK BOOK

WEEK ONE

how do you feel?

have you faced any obstacles getting through this week?

if so, how did you overcome them?

overall experience in the challenge this week:



WEEK TWO

how do you feel?

have you faced any obstacles getting through this week?

if so, how did you overcome them?

overall experience in the challenge this week:



WEEK THREE

how do you feel?

have you faced any obstacles getting through this week?

if so, how did you overcome them?

overall experience in the challenge this week:



WEEK FOUR

how do you feel?

what has been the hardest part of this challenge for you?

what have the noticeable differences / improvements been for you?

are you proud of yourself? You should be!

honestly - did you commit to the full 30 days?

will you continue?

overall experience in the challenge this week:

