

Habit forming

In your Creative Journal, why not create some decorative pages looking at habits and how they are formed and can be broken! This then acts as a gentle reminder when trying to form new healthier habits and break the not so healthy ones.

Experiment with colour and tissue paper for a soft collage effect.



Creating your own Habit Tracker can be useful to record your progress.

*Draw some glass jars and write some healthy habits down which you would like to embrace this year.

*Every time you do something towards these habits, draw a flower or stem to fill the appropriate glass jar.

*Watch as your jars (and yourself) start to bloom 😊

