

Hey there, beautiful! 🌈 Before you dive in, a quick heads-up: this transcript is a super close-to-verbatim buddy from our podcast, but it's got its quirks! We didn't call the grammar cops on it, so you might bump into a typo or two. But hey, that just adds character, right? 😊 Embrace the wild side of language and enjoy the read! Happy exploring! 🚀

## *Create The Best Me*

Hello, beautiful ladies and welcome back to Create the Best Me. Today I have an exciting topic that is incredibly important for women in midlife. Creating new habits. I've designed a fantastic downloadable guide to help you jot down your goals and track them daily. So, if you're ready to transform your life and make the most of this incredible time, let's dive in together.

### **The Importance of Creating New Habits in Midlife**

Midlife is a unique time filled with growth, change, and self-discovery. It's a time where you can redefine yourself and pursue your new passion. That's why creating new habits during this phase is crucial. It can help you stay healthy, enhance your personal development, and bring more joy and satisfaction to life.

Let's talk about some of the benefits of creating new habits.

**Improved mental health:** Developing positive habits can help reduce stress, anxiety, depression, leading to a more happier and fulfilled life.

**Better health:** Incorporating regular exercise and healthy eating habits can lead to improve overall health and prevent age-related issues. Enhance relationships by working on communication, empathy, and other interpersonal skills. You can build stronger connections with loved ones.

**Increase self-confidence:** As you achieve your goals and witness your progress, you feel a sense of greatness. You feel great about your accomplishments and your confidence has increased.

### **Starting with 2-3 Goals**

The key to creating lasting habits is to start small. Focus on two to three goals that you generally care about and give yourself the time and space to fully adopt them.

Once you've made these goals a natural part of your daily routine, you can gradually add more to continue your journey of personal growth.

Here are some small ideas to get you started. Spend about 10 minutes every morning stretching and practicing deep breathing. Write down three things that you're grateful for every evening.

Connect with your friends, family members for a meaningful conversation once a week.

Remember, it is essential to choose goals that resonate with you and align with your values.

### **Introducing the Habit Tracker**

And to help you along your journey, I've created a downloadable habit tracker using a Google Sheet. This tool is designed to help you jot down your goals, track your progress, and stay accountable. Plus, it sends you a friendly email reminder every morning to make sure you update your tracker and stay on track. So how do you get your hands on this amazing tool? It's super easy. Just visit [createthebestme.com/habit-tracker](https://createthebestme.com/habit-tracker) and download your free habit tracker.

Not only will the Habit Tracker help you stay organized and accountable, but it also allows you to visualize your progress, which can be incredibly motivating. The simple act of ticking off completed tasks can provide a sense of accomplishment and encouragement to keep you moving forward.

### **Tips for Successfully Implementing New Habits**

Now that you have your habit tracker, let's talk about some tips for successful implementing new habits into your daily routine.

Number one, be consistent. Consistency is key when it comes to habit formation. Stick to your goals and make them a priority every single day. Create a routine around your new habits so that they become an integral part of your day.

Two, be patient. Change takes time. Don't be hard on yourself. If the progress is slow, remember, it's about the journey, not the destination. Keep in mind that it can

take anywhere from 18 to 254 days to form a new habit. So be gentle with yourself.

Three, be accountable. Share your goals with your friends, family members, or even social media followers. Heck, you can DM me if you want. The more people that know about your goals, the more support and encouragement you'll receive along the way. You can also find an accountability partner or join a group with similar interests to help you stay on track.

Number four, celebrate small wins. Every time you reach a milestone or make progress, take a moment to acknowledge and celebrate your achievements. This will keep you motivated and excited about the journey. Rewards can be as simple as treating yourself to a relaxing bath, a favorite snack or watching an episode of your favorite show.

Number five, setbacks are normal. Remember that setbacks are part of the progress. Don't be too hard on yourself if you slip up, learn from your mistake, refocus on your goal, and keep moving forward.

### **Staying Inspired and Motivated**

Staying inspired and motivated is crucial when forming new habits. Here are some ways to maintain inspiration. Surround yourself with positivity. Follow social media accounts, podcasts, blogs that inspire you and uplift you. Surround yourself with people who support you and your journey and encourage your growth.

Create a vision board. A vision board can help you visualize your goals and aspirations. Seeing your dreams come to life can be a powerful motivator to stay committed to your new habits.

Keep a journal. Write down your thoughts, your feelings, your progress can be a great way of reflecting on your journey and track your growth.

### **Conclusion**

Well, that's it for today, ladies. Remember, midlife is an incredible time for growth and transformation. By setting realistic goals and using the Habit Tracker, you can create new habits that will bring you happiness, health, and fulfillment. Don't

forget to visit [createthebestme.com/habit-tracker](https://createthebestme.com/habit-tracker) and download your free tracker and start creating a life that you deserve.

And don't forget to tune in next week where my guest is transformational life coach and author Janet Zavala, who will provide coaching tips from her new book, the Nature of Transformation. I think I heard Janet will also be giving away some really cool gifts, so you don't want to miss out on free gifts.

Thank you so much for joining me today. I can't wait to hear about your success. Please share your experience in the comments below, and don't forget to subscribe and hit the notification bell so that you'll never miss an empowering video or podcast. So, until next time, have an amazing day.

Goodbye for now.