

TOP 10
*Habit
Mistakes*



(AND HOW TO FIX THEM)

BECOMING
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Hello!

Most people don't struggle because they're "lazy" or "undisciplined."

They struggle because they were never taught how habits actually work.

If you've ever started strong and then lost momentum...

or felt frustrated that nothing seems to stick...

...you're not alone — and it's not your fault.

Small shifts in how you design your habits can change everything.

Inside this checklist, you'll find the **10 most common mistakes** that break good intentions — and the simple, science-backed fixes that help habits feel easier, lighter, and more sustainable.

Let's reset how you approach consistency — starting now.

In health,
Shay

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Habit Mistakes

AND HOW TO FIX THEM

01

Trying to change too many things at once

When you overhaul everything, diet, exercise, morning routine, mindset your brain gets overwhelmed. Rapid change requires enormous mental energy, which burns out fast.

The fix:

Start with one habit. Master that first. Add more only when the first feels solid and automatic.

02

Relying on motivation

Motivation is unreliable—it's high when something is new, then disappears exactly when you need it most. If your habit depends on motivation, it won't last.

The fix:

Build habits on **systems**, not feelings. Use cues, routines, and environment design so the habit happens even on low-motivation days.

03

Setting vague or unclear goals

Your brain can't repeat what isn't specific. Vague habits create inconsistent results.

The fix:

Turn vague intentions into clear, behavior-based actions:

"Walk 10 minutes after lunch."

"Drink one glass of water before coffee."

"Stretch for 2 minutes before bed."

04

Making habits too big

Ambitious habits sound inspiring ("I'll meditate 20 minutes daily!") — until life gets busy. Big habits collapse quickly under real-world conditions.

The fix:

Shrink your habit to the tiny version. Small habits grow. Big habits break.

05

Ignoring environment design

Your surroundings shape your behavior more than willpower ever will. If your environment doesn't support your habit, consistency becomes a battle.

The fix:

Make the desired habit easier to do. Put tools in sight. Reduce friction. Set up your space to support the action you want.

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06

Not linking habits to a cue

Without a clear reminder, habits depend on memory — and memory isn't a reliable system.

The fix:

Attach your habit to something you already do:

"After I pour my coffee..."

"After I brush my teeth..."

"After I sit at my desk..."

Cues turn habits into routines.

07

Forgetting to track progress

If you don't see your wins, it's easy to forget you're making progress. Momentum fades when progress is invisible.

The fix:

Use a simple tracker: a checkbox, tally mark, or quick note. Tracking creates awareness and reinforces consistency.

08

Letting one missed day spiral into quitting

Missing once is normal. Missing twice often becomes a pattern. Many people quit simply because they believe the streak is "ruined."

The fix:

Adopt the rule: Never miss twice. One missed day means nothing. What matters is how fast you return.

09

Expecting perfect routines

Life changes — seasons shift, schedules move, energy fluctuates. Rigid habits break under real-world pressure.

The fix:

Build flexible versions of your habits. Have a "minimum" version for busy days and a "full" version for normal days. Flexibility creates long-term success.

10

Not reviewing or adjusting your habits weekly

Habits aren't set-and-forget. Without reflection, small problems become obstacles and systems stop working.

The fix:

Do a 5-minute weekly review:

What worked?

What didn't?

What needs one tiny adjustment?

Continuous improvement keeps your habits alive.

READY FOR THE

Next Step?



If you're ready to build habits that last and feel good doing it, ask me about **Blooming into HER**, a 12-module program designed to help you follow through, stay consistent, and create routines that support your best life.

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