

# Small Steps, Big Impact: Your Guide to Lasting Habits

Creating lasting change doesn't have to be overwhelming. By focusing on small, simple actions that fit into your day, you can build powerful new habits that stick. Sworkit Health helps you turn those tiny steps into lasting habits with guided workouts, daily reminders, and easy ways to celebrate progress.

1

## Start Small

Make your new habit tiny and easy—something you can do in just 30 seconds or less. Small actions are easier to stick with and build momentum.

2

## Anchor to Routine

Attach your new habit to an existing daily behavior, like brushing your teeth or making coffee. This “anchor” helps remind you to do the new habit naturally.

3

## Celebrate Success

Immediately celebrate after completing your tiny habit. A smile, fist pump, or positive phrase helps create a happy feeling that reinforces the behavior.

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fitness journey today!