

# 5 POWERFUL TIPS FOR *Building Habits*

1

Start Small and Be Specific. Begin with 1 or 2 easy habits.

2

Set up Your Environment for Success.

3

Track your progress with a journal or an habit-tracking spreadsheets or app.

4

Celebrate your progress and reward yourself.

5

Share your habit goals with a someone who can hold you accountable.

# 2026 Guide Habit Building

**International Occupational Safety and  
Health Information Centre**

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the text box.

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