

INFINITE  GRADITUDE



# A GUIDE TO CREATING HEALTHY HABITS

*For Grad Students*



Successful people are simply those  
with successful habits

-Brian Tracy



# Hi, I'M DANI!

Hi there, if we haven't met before, I'm Dani, a biomedical Ph.D. student determined to navigate academia with a growth mindset utilizing mindfulness practices and personal development strategies.

In 2022, I wrote and self-published a mindfulness journal specifically for doctoral students called "The Mindful Ph.D. Journal." Over the past year, I've hosted more than a dozen workshops for graduate and undergraduate students, discussing a range of topics, like what to look for in a mentor and how to solidify a self-care routine as a busy grad student.

My ultimate goal is to equip students with tools to manage stress and personal development strategies to combat the canonical decline of mental and physical health that often occurs alongside Ph.D. studies.

I am grateful you decided to join me on this journey toward becoming the best you!

One of the ways I've been able to maintain a consistent self-care routine is by adopting and optimizing healthy habits. Here, I have outlined my exact process for how I develop healthy habits for success.

With this guide and a little determination, I know you'll be able to implement habits for success all on your own!

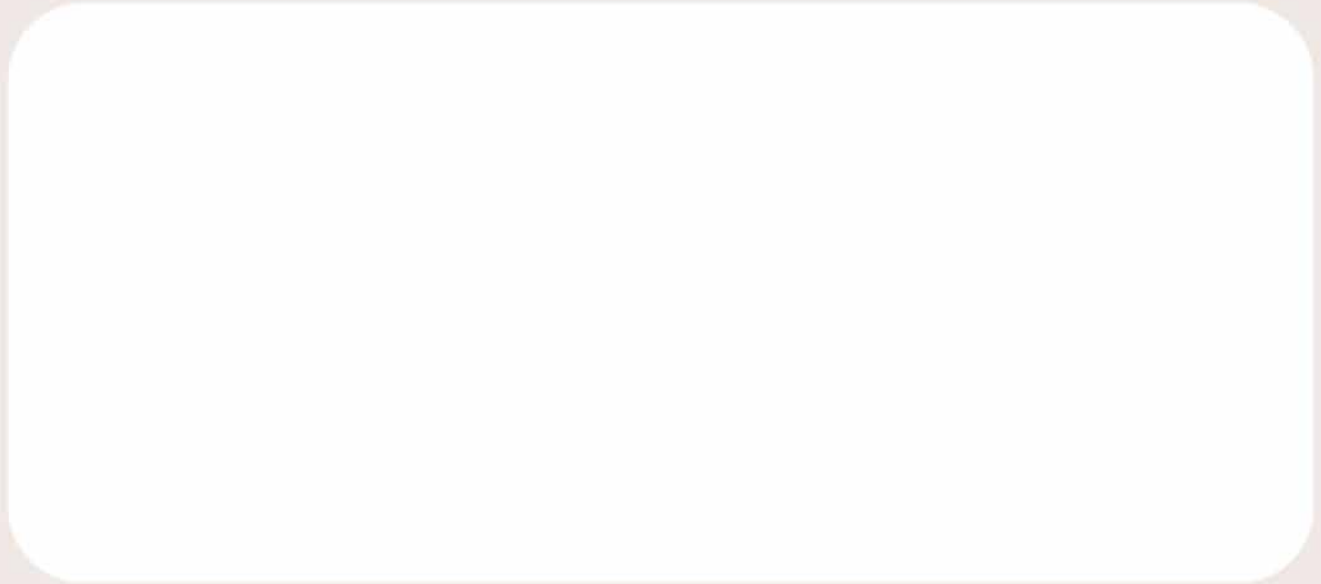
Let's get started,

## Step #1

Visualization is a powerful tool to get your creativity flowing.

### Describe the person you want to become.

Imagine yourself post-PhD. What does the post-PhD you value? What type of character does the post-PhD you have? If this is too far in advance, think about the type of grad student you want to be instead.



### What does this person's daily routine consist of?

What type of tasks does this person do daily to take care of their mental, physical, and emotional well-being?



## Step #2

Choose one habit from the previous exercise that you'd like to incorporate into your daily routine.

### Habit:

Ex. Exercise for 1.5 hours at least four times a week

### What are the long-term benefits of adopting this habit?

Ex. Cardiovascular health, emotion regulation, mobility, stress reduction, etc

### Why is adopting this habit important to me?

Ex. I deserve a healthy body. I am determined to live a healthy lifestyle. I didn't come from a healthy family, so a healthy family must come from me.

### How will I make adopting this habit easy for me?

Ex. I will have my gym outfits freshly washed. I will work out first thing in the morning. I have a new pre-workout I'm excited to use. I have a framework for the workouts I will do when I get there. I will go to bed early and get a good nights rest.

### If this task becomes too overwhelming, what are three less scary things I can do?

Ex. Shorten the workout time to 30 minutes or an hour. Take Stella (my dog) on a 30 minute walk. Ask a friend to come to the gym with me.



Step #3

Tracking how many times you were able to implement your new habits gives you an idea of your progress and if you need to make adjustments.

# Habit Tracker

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Step #4

Reflecting on your week is integral to making sure the habits you want are the habits you need.

Was adopting this habit helpful? Why or why not?

Did you encounter any unforeseen challenges when trying to implement this habit? What were they?

List any modifications you'd like to make to this habit going forward.

# BONUS

## 5 Additional Tips and tricks that have helped me adopt new habits!

- 1) Start tracking habits that I already have to build up my self-efficacy
- 2) Using the 2-minute rule: Commit to something for just two minutes to get started.
- 3) Habit stack: Pair something I already do with a new habit. Ex. Driving to work and listening to an audiobook
- 4) Surround myself with people who already have the habits I'm trying to adopt for additional accountability.
- 5) Showing myself kindness instead of negative self-talk when I mess up or miss a day.



# THANK YOU



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