What happens in your body...

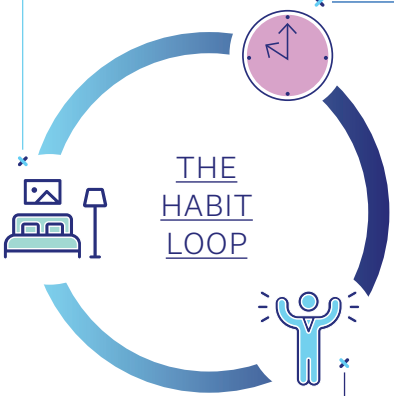
When you create a micro-habit

Over the past few weeks, we've learned a lot about our bodies—now, we're taking action! At the start of the series, we talked about how our brains are pretty impressive because they can change based on what we repeatedly do. But that takes time. Sure, it'd be great if we could press a magic button and totally transform our bodies and habits overnight, but studies tell us that real change happens by setting small—and we mean *ridiculously* small—goals. By starting small, we're better set up for early and repeatable success. We can then begin to build on that micro-habit to create a chain of events that leads to something bigger.

WHAT TO DO

Think about a habit you want to form and break it down into the tiniest of steps. (Anything sparking interest from our six-part "What happens in your body..." series?) Create a habit loop focused just on that first step—and build up from there.

THE CUE Even the smallest of behaviours need a signal in the environment to actually do it. Let's say you want to practice mindful breathing for 30 seconds each morning. Decide what spot in your home will cue you to do it. (See last week's cozy nook.)



THE BEHAVIOUR Try out your small action and see just how doable it really is. (Remember, it should be small.) Want to go to bed earlier? Start with one minute. Want to exercise more? Do one jumping jack.

THE REWARD By aiming small, you're setting yourself up better for satisfaction—and a boost in confidence. Having early success from doing what you wanted to do makes it more likely that you'll keep repeating the behaviour...until you're ready to add to it!

The final word is AMAZING. Thanks for participating in our six-part "What happens in your body..." series!

Rhubarb-strawberry shortcakes

Prep 10 min | Cook 12 min | Serves 4

7 7 7

In a small pan, bring 60 ml (¼ cup) **sugar** and 60 ml (¼ cup) **water** to a boil over high heat, stirring to dissolve the sugar. Boil to reduce slightly, about 3 minutes. Stir in 250 ml (1 cup) of fresh or frozen diced **rhubarb** and cook, adjusting heat as needed to maintain a simmer, until the rhubarb starts to break down, about 3 minutes. Stir in 500 ml (2 cups) of sliced **strawberries** and simmer 1 minute more. Remove from heat; stir in 15 ml (1 Tbsp) of **lemon juice.** In a toaster oven or under the broiler, toast 4 slices of **angel food cake** (1¾ oz [50 g] each) about 1 minute on each side. Serve cake slices topped with rhubarb-strawberry sauce.

Vegetarian
Dairy-free
Nut-free

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