SPROUTING WELLNESS presents

THRIVING TEN SERIES

Behavior Change Resources

USE

Review of Popular Habit Tracking Apps

WATCH

How to Motivate Yourself to Change Behavior
Tali Sharot

READ

Why Behavior Change is Hard - and Why You Should Keep Trying

The Power of Habit
Charles Duhigg

Atomic Habits
James Clear

Good Habits, Bad Habits
Wendy Wood

Nudge
Richard Thaler + Cass Sunstein

Better Than Before
Gretchen Rubin

Tiny Habits
BJ Fogg

The Willpower Instinct
Kelly McGonigal

If you're looking for support in developing healthier lifestyle habits in your family, **book a free discovery call with Dr. Qadira**!