

Habit #1
WATER

I believe that water is the only
drink for a wise man.
~Henry David Thoreau

Quick Notes

- Foundational piece of your health
- Turn it into a habit
- Track it
- Cures what ails you
- Easiest and quickest way to get back on track
- Not all or nothing, it's forever
- Your thirst is relative to amount of water you drink
- Awareness, Motivation, Planning and Persistence

Effects of Mild Dehydration

- Thirst can be misinterpreted as hunger
- Causes fatigue
 - feeling tired is one of the first signs of dehydration
- Dehydration causes shrinkage of brain tissue. So when we haven't been drinking enough water, our brains have to work a lot harder to perform at the same level
- Dehydration can impair your attention span, memory, and motor skills
- In a new study, mild dehydration dampened moods and led to headaches.

Benefits of Your Water Habit

- Reduces hunger and makes you feel fuller and more in control
- Makes you more comfortable. Water keeps the cartilage around our joints hydrated and supple, ensuring that our joints stay lubricated. Cartilage—the rubbery material that coats our bones—is about 85 percent water.
- Improves digestion
- Improves mood, focus, mental functioning and motivation
- Is a health anchor

My Water Habit

- My bottle (my “bankie”) is 1.5 litre Sigg Bottle
- How I drink it- I breathe deeper, I’m grateful, I feel healthy, I feel alive, I sit up and check my posture
- 3 Phases
 - When I drink- morning 9-12pm, and 7-10pm
 - When I track- noon and 10pm
 - When I prepare- fill bottle 8am, 6pm

Designing Your Water Habit

- Structure increases your chances of success
- How much? (half body weight in ounces)
- Get a water bottle (it should hold 1/2, 1/3 of daily water)
- When are you going to drink it?
- What do you need to prepare?
- When will you track it?
- What anchors can you use to trigger you?
- You can have different routines for different days
- How will other people react to your new routine?

Rehearsing Your Water Habit

- Play movie of tomorrow
- Imagine going through day with your ritual
- Notice when you prepare, drink and measure
- How will it feel physically, mentally and emotionally
- Are there any challenges?
- What can you do to solve them?