Want to know the secret about achieving goals? Start small. You don’t have to change dozens of habits at once, and as a matter of fact, we don’t want you to. Because it’s the small changes that can lead have the biggest impact.

Not all habits are created equally. Some will have a much bigger effect on your life. In his book, *The Power of Habit*, Charles Duhigg talks in great depth about how to form what he coined as, KEYSTONE HABITS.

These “high return” habits start a chain effect in your life that produce a number of positive outcomes throughout various facets of your life. If you’re going to adopt only one new habit – it should be one of these!

A positive change in one unhealthy keystone habit begins the cascade of positive changes towards healthy living. Duhigg gives the example of a woman who successfully quit smoking and within a two-year period she lost weight, ran a marathon, and was promoted at her company.

**Building Blocks for Optimal Wellbeing**
1. Movement
2. Nutrition
3. Mental and Emotional Health
4. Stress Management
5. Hydration
6. Sleep

Start to explore the outward ripple effect of each and realize how small changes could transform your life over time!

- Can you identify one keystone habit in each of the six building blocks of health?
- How could each of these have a ripple effect throughout all areas of your life?

*For example, what if you started adding in 5-10 minutes of movement at lunch time? You’d likely get a boost of energy, increase your productivity, which would likely lead to increased feelings of wellbeing, and so on.*

To earn your 40 points for this challenge, you must log in to the Alyfe portal (http://bit.ly/Alyfe) and log your minutes of movement (we recommend doing this at least weekly).