



LEAP Forward
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100 Day Summer Streak

Your guide to develop and track your
BIG goal and habits

Leap into Summer focused on wellbeing habits!



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100 Day Summer Streak

Why should you streak to build habits?

By streaking with me, you'll learn the art of creating habits and discover the incredible power of consistency. Imagine feeling more balanced, focused, and accomplished as you track your progress and witness positive changes unfold.

By committing to consecutive days of practicing new habits, you'll experience incredible results and create lasting change.

Streaking is the secret sauce to building habits that stick. When you engage in an activity day after day, it becomes ingrained in your routine, effortlessly woven into the fabric of your life. With each passing day, you'll witness your progress and feel the sense of accomplishment that fuels your motivation.

By participating in this challenge, you'll discover the immense benefits of streaking. Not only will you learn how to build new habits effectively, but you'll also cultivate discipline, resilience, and self-confidence along the way. Streaking empowers you to overcome obstacles, push through resistance, and embrace a growth mindset.

You customize what you focus on – choosing what works best for you.

Be prepared: Maintaining a high level of wellbeing will require consistent effort and support.

What's included

- A guide to help you think about a BIG goal you want to accomplish in the next 100 days by developing habits to support the goal.
- 100 Day Trackers – What gets measured gets improved.
- Online community – There are HUGE benefits to checking in with like-minded people working toward the same goals.

Why focus on wellbeing?

- Wellbeing is your ability to feel good and function effectively
- It gives you resources to navigate highs and lows in life
- Enables you to intellectually, socially, and physically flourish
- Wellbeing is what makes it possible for you to be well and do well

My approach to wellbeing coaching is, in part, informed by the work of Dr. Martin Seligman. The founding father of Positive Psychology established that there are several factors that affect and impact our wellbeing, these include:

Positive Emotions: Experiencing emotions like joy, happiness, pride, and satisfaction often leads to improved wellbeing.

Engagement: Feeling more engaged in what you do can help you feel more satisfied with life.

Relationships: Positive relationships help you feel more energized and whole.

Meaning: When we give meaning to our actions or goals we can feel more aligned with our purpose.

Accomplishment: Feeling accomplished helps build the momentum and confidence we need to reach our greatest goals and desires

Health: Physical and mental health lie at the foundation of our wellbeing.

These 6 elements create the acronym PERMAH, and it is now a widely used model to help establish improved wellbeing within ourselves and also within organizations.

When you cultivate and nurture each of these aspects of your wellbeing, you can finally find the balance you need to feel satisfied in your life.



Positive
Emotion

Engagement

Relationships

Meaning

Accomplishment

Health

As you embark on this wellbeing challenge and reflect on your big goal for the summer, consider how you can cultivate each of these elements into your everyday life. Some questions you may want to journal about include:

- What will it take for you to feel more engaged in your life?
- Which relationships make you feel most supported and loved?
- How can you give more meaning to how you spend your days?
- Do you regularly acknowledge and reward your accomplishments?

Learn more about the wellbeing model by exploring my blog articles at margielynch.com

Habits are incredibly powerful

Habits have evolved as useful defaults that enable us to function at a high level. You know that feeling of getting into your car, driving somewhere familiar and then wondering how you got there? That is your brain functioning out of habit or on autopilot. About 45% of our activities in a given day are performed by habit. Almost HALF! So...to change your life in a deep and powerful way, it makes sense to alter your habits.

Don't buy into the 21-day myth

You've likely heard that it takes about 21 days to change or form a habit. Studies have shown that's just not true. On average, it takes people 66 days.....and that's an average with a broad spread. Simple habits, like adding a piece of fruit to your diet daily, take some people as few as 18 days to form. More complex or challenging habits can take some people as long as 245 days.

How to sustain a new habit

In the early stages, a habit is fragile and needs all the reinforcement it can get.

- **Develop an action plan.** What time are you going to engage in this activity? Where? How are you going to accomplish this activity daily?
- **Keep track of your progress.** What you measure improves. That's where the tracker comes in.
- **Don't go it alone.** Surround yourself with people who will support you. Discover a group that's willing to support one another along the way. [Join my group on Facebook.](#)
- **Be prepared to focus on your habits daily.** What you choose is up to you, but rewiring your brain is hard work. Set yourself up to succeed.
- **Reward yourself.** Extrinsic rewards can reinforce your habit. They include things like sharing on social media; doing a victory dance; enjoying a break or a cup of tea; and checking off your tracker. Be careful not to depend ONLY on extrinsic rewards – once the incentive is removed, your motivation might also vanish.
- **Use mindfulness.** Intrinsic rewards are the benefit that comes from the habit itself. Tune in to these rewards using mindfulness. Pause for one minute immediately after the habit to reflect on the physical feeling in your body, the mental peace, joy, and your personal satisfaction.
- **Align habits to your goals.** It's great to dream big, but the way to achieve big is to start small – through micro habits. Micro habits are small components of a larger habit or goal. By breaking down an ambitious goal into smaller, more achievable ones that you build over long periods of time, micro habits help you complete big goals.

Tips and Resources for Building Wellbeing Habits

Here are a few small self-care suggestions that will help keep you balanced and support your wellbeing:

- **Maintain daily physical activity.** Aim to start each day with some form of movement, whether it's a stretch or, even better, a morning walk. Just 30 minutes of walking every day can boost your mood and improve your health! Remember to take movement breaks throughout the day as well, especially if you spend a lot of time sitting at a desk. Try to take a short 10-minute movement break every couple of hours.
- **Eat healthy and stay hydrated.** A [balanced diet](#) and plenty of water can improve your energy and focus throughout the day. Pro tip: Have something to eat before having your first cup of coffee in the morning for a less jittery and more sustained energy boost.
- **Aim for better sleep.** Practice good sleep hygiene by maintaining a regular sleep schedule and aiming to get at least 7-8 hours of sleep per night. Use your bedroom for sleeping or relaxing activities only (no work allowed!), keep your room dark and cool at night, and create a winddown routine that helps you feel relaxed before bed.
- **Keep a gratitude journal.** Write down one thing you're grateful for every day. Reflecting on gratitude regularly can help transform your outlook on life and shape a more positive mindset. Learn more about [the benefits of gratitude and how to cultivate it by reading this blog](#).
- **Focus on your strengths.** Explore your strengths at <https://www.viacharacter.org> and reflect on how these can be applied into your everyday life. Journal about how you envision using these strengths and how they already naturally show up in how you lead life. Learn more about [discovering and using your strengths by reading this blog](#).
- **Practice Mindfulness.** Mindfulness is all about becoming present in the moment. A great way to practice it is during your walk outside by engaging each of your senses and noticing what you can see, hear, feel, smell and taste. Be mindful of multi-tasking as this can lower the quality of your efforts. When you catch yourself trying to do too much at once, stop and shift your attention to one single task.

Suggested Reading

- Tiny Habits by B.J. Fogg
- Atomic Habits by James Clear
- GRIT by Angela Duckworth
- Eat, Move, Sleep by Tom Rath

Goal and Habits Planning Pages

You will find Planning Pages in this guide to reflect on your goal and habit(s). You want them to be intrinsic and to support your individual needs and path forward. By understanding why they are important to you and preparing a plan will set you up for greater success in accomplishing them.

Example



100 Day Summer Streak

Are you ready to achieve a BIG goal over the next 100 days? Reflect on the 5Ws and H for a successful summer streak.

What is the BIG goal you want to accomplish?

Why is this goal important to you?

Who do you need for support to be successful?

What new habits will you develop to support this goal?

Make wellbeing a habit

- Stick to your plan and do it each day.
- Keep track of your progress using the trackers.
- Reward yourself when you've been successful.
- At the end of the week assess your progress and adjust if necessary.

Track your habits every day.

Included in this guide you will find a tracker to declare your BIG goal and the habits that will be the small steps you'll take over the next 100 days to achieve your BIG goal. This tracker can be saved on your computer to track your accomplishments electronically or printed to track with pen and paper.

Think about a BIG goal you want to accomplish this year (it's not too late). Maybe you created goals in January, but haven't made progress, but it's still important to you.

Now think about habits that support your BIG goal. This may be one habit or 2 or more habits. Document these in the tracker. Track your habits each day by inserting a check mark for each activity you complete on a daily basis.

Example:

100 Day Summer Streak							
100 Day Goal:		Develop habits that contribute to my physical, mental, and emotional health to have energy to achieve my optimal weight and enjoy my hobbies.					
Habits	Eat healthy, high protein meals & track daily	Walk at least 30 minutes daily	Follow a sleep schedule 10PM-6AM	Read at least 30 min daily before bed	Keep a gratitude journal	Horseback riding 5X per week	
Day 1	✓	✓	✓	✓	✓	✓	
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							

The count down

Count down the 100 days to your BIG goal. X marks the spot every day you've completed your streak. Print this and keep it in a place where you'll see your progress every day. It's a good reminder that you're streaking and gives you a sense of accomplishment and motivation.

Example



100 Day Summer Streak

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Motivation
is what gets you started.

Habit
is what keeps you going.

~Jim Ryun

Bringing it all together!

Congratulations on making the commitment to care for your wellbeing this summer! You are joining a community of like-minded people and we're ready to support you through the next 100 days of new habits to achieve your BIG goal!

You have taken the first step by signing up and reading through this participant guide. You will find the planning worksheet and trackers in the next few pages.

People like you make the challenge successful by sharing your journey, encouraging each other when things get tough, and celebrating the wins!

Start your journey today!





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What new habits will you develop to support this goal?



When will you practice these new habits (day(s), time of day)?

Where will you practice these new habits (home, work, outside, inside, at the gym)?

How will you feel If you reach this goal?

Other reflection?



100 Day Summer Streak

100 Day Goal:

Habits							
Day 1							
2							
3							
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6							
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Keep going!							



Habits							
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57							
You got this!							



Habits							
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92							
Almost there!							



Habits							
93							
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99							
100							



You followed your dreams and made it happen!

Congratulations!

100 Day Summer Streak

1	2	3	4	5	6	7	8	9	10
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Motivation

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Is what keeps you going.

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