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# The Phoenix



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## Administrative Office Hours

Mondays - Fridays  
6:00am - 6:00pm

Saturdays  
10:00am - Noon



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## Changing Your Life through Habit Tracking

Where do you want to be in five or ten years? What does your happiest life look like?

As John C. Maxwell said, "**The secret of your success is found in your daily routine.**" With that being said, what habits can you implement into your life that will lead to the life of your dreams?

Studies have shown that creating routines that become habits is the best way to change your life. **One of the best ways to develop new habits is habit tracking.**

A habit tracker is a simple way to measure if you did a habit each day or week. It gives you a way to visualize progress, feel motivated, and show up the next day.

Why you should start habit tracking:

1. **Daily reminder to take action.** Studies have shown that people who keep track of their progress are more likely to succeed than those who do not. This includes people trying to quit smoking, lose weight, and lower blood pressure.
  - **Tracking your habits on a daily basis is a simple way to remind yourself of the action you need to take in order to reach your goals.**
2. **Motivation to continue.** Seeing progress is the best motivation. With every small win, habit tracking can create growing motivation to continue towards your goals!
3. **Gratification from achieving your goals.** Every time you mark a habit as complete, you get a sense of accomplishment! This feeling of accomplishment will give you more motivation to continue the next day.
4. **More likely to reach your goals.** Breaking down your big goals into small habits that you track will help you feel more confident and in control. You'll be more likely to reach your goals with a habit tracker holding you accountable every day!
5. **See your progress.** Months down the line, you can see how far you have come from where you started. Spend time once a month or every few months to look at previous months and appreciate how far you've come.

Get started tracking your habits:

1. **Write down your goals.** To define what's important to you, journal about the life you envision. What does your happiest life look like?
2. **Create habits that will help you achieve the life you envision.** What goals are most important to you? What habits can you develop that will help you achieve those goals?
3. **Add those habits to a habit tracker.** Next, add the habits you want to track to your habit tracker.
4. **Every time you complete a habit, mark your habit tracker.** Try to make it a goal to record each measurement after you complete the habit. This will help you use your habit tracker regularly and celebrate each habit as you complete it!

Tracking habits will help you feel in control of your life. As you look back on your weeks and months, you'll see what you accomplished (and did not accomplish). It can help you see progress and also where you can improve. As you track your habits, you might also notice different patterns. For example, maybe you notice that the days you exercise you feel like you have more energy.

Remember that developing a habit takes time. Don't feel discouraged if you forget to do something one day. Instead, make a commitment to complete it the next day. Consider that forming a habit can take months and keeping a habit tracker can help motivate you as you keep track of your daily progress.

You'll appreciate your good life when the majority of your thoughts remain positive. Negative thoughts can sometimes be overwhelming. They happen to everyone, but you can strive to keep them to a minimum with the help of a grateful attitude.

## Hot Chocolate

### Ingredients

- 1 cup light coconut milk (from the can)
- 1 1/2 cups unsweetened almond milk
- 1/2 teaspoon vanilla extract
- 2 tablespoons pure maple syrup
- 2 tablespoons unsweetened cocoa powder
- Pinch of sea salt



### Instructions

- Add all ingredients to a small pot and place over medium low heat. Whisk vigorously to combine and to get rid of any lumps of cocoa. Do NOT let the hot chocolate boil or you risk burning the almond milk, which can turn the flavor into something you do not want. Simply warm in the pot until steamy, about 3-5 minutes.
- Once hot chocolate is hot, remove from heat and pour into 2 mugs. Top with whipped cream, dairy free whipped cream, marshmallows or vegan marshmallows. Chocolate shavings or a dusting of cocoa powder on top are fun too!
- Enjoy!

## Service Spotlight



## GAMBLING TREATMENT

**Gambling can be risky and, in some cases, can develop into a compulsive habit that people struggle to give up.**

**Some people will end up in a financial crisis and possibly even poor health and well-being.**

**Overcoming a gambling addiction can be a tough process, and it may require extra support from the people around you to ensure that recovery is maintained.**

**Each person will have their own unique gambling problem, so treatment needs to be tailored to ensure it meets the individual needs of each person.**

**With the right treatment, recovery and finding alternative means of dealing with these urges is possible.**

**Happy  
Employment  
Anniversary!**

**Eileen Whitson  
1/31/18**



**Dr. Linda Ramer  
1/18**

**Janna Sharp  
1/23**

**Roland Rance  
1/23**

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