

CASE STUDY

LOCAL GOVERNMENT IMPROVES EMPLOYEES' PERSONAL WELL-BEING HABITS



// *Thank you so much! New habits have just started falling into place without even thinking about it since starting your technique!"*

Every New Year millions of people make resolutions to change their behavior so they can get healthier and happier. But over 90% of those resolutions will fail. We set out to change that record.

A local government gave 34 employees the opportunity to change their habits as part of a New Year's Resolution Habit Challenge. Attendees targeted behaviors like exercising, eating healthier, reading more, spending less time on their phones, journaling, or drinking more water.

After the training, attendees received daily emails during the 60 Day Habit Challenge while they practiced their desired behavior until it became a habit. By the end of the 60 days, employees had increased the frequency of their targeted behavior by 153% and their confidence to create other healthy habits by 61%. Talk about New Years resolutions that stick!



KEY STATISTICS

34 Attended Training
69% Engaged In Challenge
153% Increase In Behavior
61% Increase In Confidence

ABOUT US

To learn how we can work with you to co-create and implement a customized training program that results in the rapid adoption of key behaviors, contact our CEO, Sharon Lipinski, directly at 970-581-7681 or sharon@habitmasteryconsulting.com

// *It was great to reprogram my belief that new habits are almost impossible. Several other things I was working on concurrently (without the structure) improved as well. There was a global improvement in my commitment to making changes. Thank you so much!"*