



## Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

May 2025

### Rebuilding Balance with Micro-Habits

You don't need a complete lifestyle overhaul to improve your well-being—just a few intentional shifts.

Small daily actions often deliver more impact than lofty goals when it comes to feeling better, performing better, and building more balance into your day. Micro-habits don't require hours of effort or major changes—they're subtle adjustments that help recharge your energy and restore focus in a sustainable way.

#### Why Smaller Wins Work Better

There's a reason big resolutions often fall flat.

[Roughly 80% of New Year's resolutions fail by February, likely because they rely on willpower instead of realistic routines.](#)

Micro-habits offer a more forgiving and flexible path forward. They're easier to stick with, and over time, they build momentum.

Whether it's five minutes of meditation before your day begins or a midday walk to clear your head, the power lies in repetition—not perfection.

#### Signs You Might Need a Reset

Sometimes, the signals are subtle:

- You're feeling irritable over small things.
- It's harder to focus or switch between tasks.
- Weekend rest doesn't feel like enough.



These are early signs that your energy may be running low. But it doesn't mean you're burned out—it just means your daily habits might need adjusting.

[Even minor frustrations, like delayed replies or canceled meetings, can raise cortisol and drain emotional and mental energy.](#)

## Small Habits with Big Returns

No one-size-fits-all list exists, but here are a few ideas to try.

**Move just a little more.**

Park farther away, take the stairs, or stretch between meetings.

**Create a wind-down routine.**

A regular evening ritual (even if short) signals to your brain that it's time to rest.

**Protect your attention.**

Silence unnecessary notifications or schedule a break from screens.

**Nourish curiosity.**

Listen to a podcast, read something non-work-related, or write down an idea you've been putting off.

**Connect meaningfully.**

Send a quick check-in text or briefly walk with a coworker or friend.

## What to Expect

At first, the changes may feel minor. But with consistency, micro-habits can restore energy, sharpen focus, and improve your mood. They give you something more manageable than chasing motivation: a structure that works even when busy or tired.

## Getting Started

Choose just one small habit. Set a low bar—something so easy it's hard to skip. And give yourself room to experiment.

The goal isn't to be perfect. It's to keep showing up, one small step at a time.



## Wellness Works® Book Review | Mini Habits: Smaller Habits, Bigger Results

Stephen Guise's *Mini Habits* offers a refreshingly simple solution to one of life's biggest challenges: making changes that stick. Guise reframes the way we think about motivation, goal setting, and self-discipline with humor, clarity, and a dash of personal storytelling. Instead of urging readers to "dream big," he argues that the best way to create real change is to start embarrassingly small.

### Highlights

#### Key Concepts

At the heart of the book is one powerful idea—success doesn't require monumental effort; it just involves movement. Guise makes the case that when goals are too big, we freeze. But a "too small to fail" habit breaks that barrier. Whether it's one push-up, sentence, or page, the trick is getting started. He backs this approach with brain science, showing how mini habits work with—not against—our mental wiring.

#### Practical Applications

*Mini Habits* isn't about theory—it's a blueprint for action. Guise walks readers through how to build consistent routines that lead to lasting results without relying on motivation or willpower. The strategy applies to nearly any behavior: exercise, reading, writing, and even drinking more water. It's perfect for anyone who's tried and failed with big goals and is ready for a strategy that meets them where they are.

#### Impact

This book removes the guilt and frustration that often come with personal growth. By lowering the bar, *Mini Habits* raises the odds of success. It empowers readers to show up consistently, creating momentum that compounds over time. The result is a habit system that's as kind as it is effective.

#### The Final Word

*Mini Habits* is the quiet revolution your routine needs. Ideal for anyone who's burned out on goal-setting or stuck in a cycle of stop-start progress, it offers a compassionate, brain-friendly path to lasting change. Whether you want to build better habits or get moving again, this book proves that small steps can lead to significant results.

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