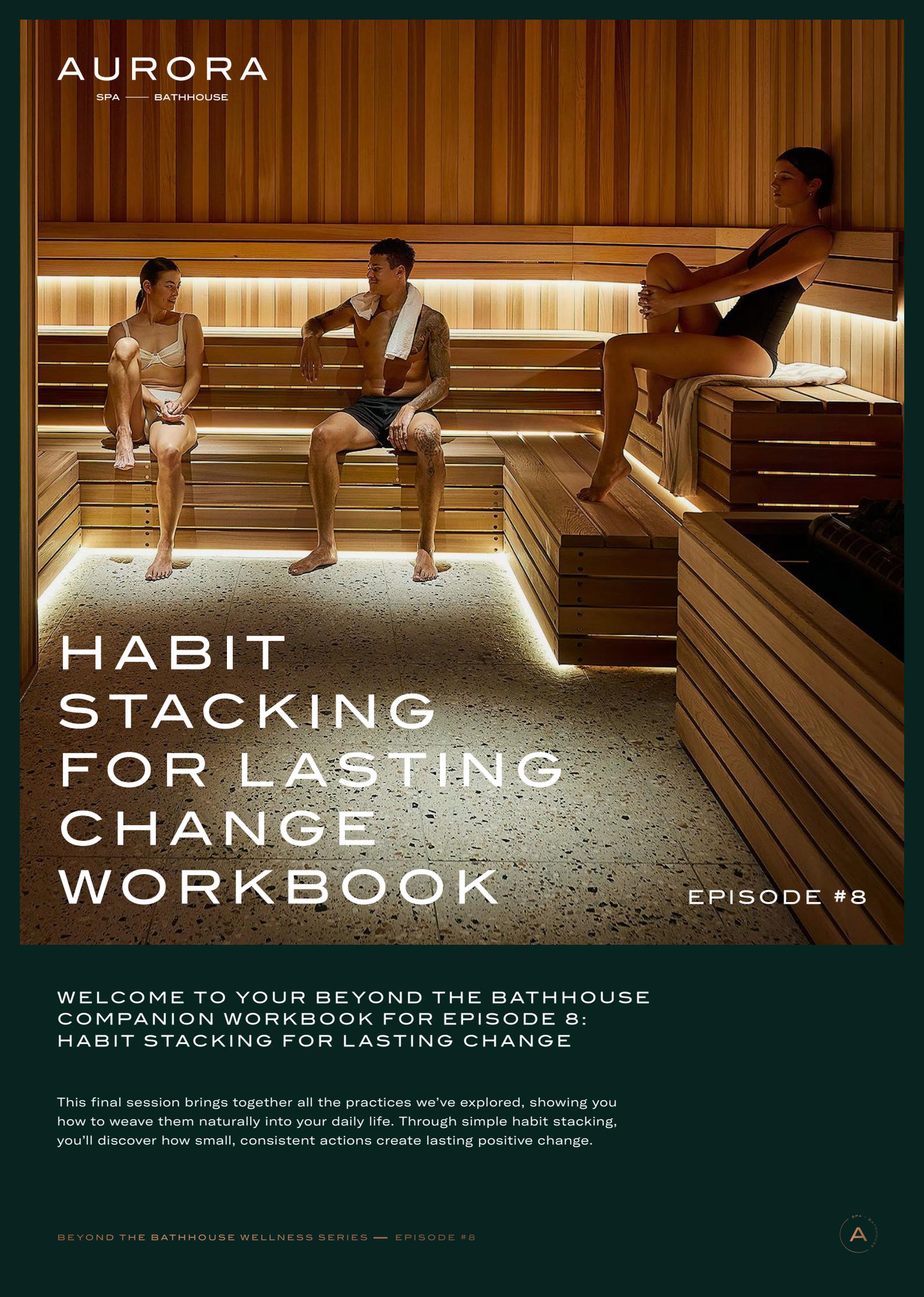


AURORA

SPA — BATHHOUSE



HABIT STACKING FOR LASTING CHANGE WORKBOOK

EPISODE #8

WELCOME TO YOUR BEYOND THE BATHHOUSE
COMPANION WORKBOOK FOR EPISODE 8:
HABIT STACKING FOR LASTING CHANGE

This final session brings together all the practices we've explored, showing you how to weave them naturally into your daily life. Through simple habit stacking, you'll discover how small, consistent actions create lasting positive change.

UNDERSTANDING YOUR RESPONSE TO STRESS

01 Visualise your future

Use the vision meditation to visualise your ideal life one year from now.

Consider these key areas:

- Relationships
- Health & Wellbeing
- Career & Purpose
- Personal Growth
- Financial Wellbeing

02 Key Habits to Support Your Vision

For each area, identify one small habit that could move you closer to the vision you created:

| Area | Desired Habit |
|------------------|---------------|
| Relationships | |
| Health & Fitness | |
| Career/Work | |
| Personal Growth | |
| Finances | |

UNDERSTANDING YOUR RESPONSE TO STRESS

03

Habit Stacking: Connect New Habits to Existing Routines

Now that you've identified your key habits, let's make them easier to integrate into your daily life. Choose an existing habit that you do every day (e.g., brushing your teeth, having a cup of coffee, etc.) and stack a new habit onto it.

Existing Habit

New Habit to Add

| | |
|--|--|
| | |
| | |

My habit stacking statement:

"After I complete my existing habit _____, I will
immediately do this new habit _____"

UNDERSTANDING YOUR RESPONSE TO STRESS

04 Progress Tracking

Building lasting habits takes time and consistency. Use the space below to track your progress and any reflections you have along the way.

Week 1

• Initial observations:

• Adjustments needed:

Week 2

• Progress notes:

• Challenges faced:

Week 3

• Progress notes:

• Challenges faced:

Week 4

• Key changes noticed:

• Next steps:

05 Celebrating Progress

Celebrate the small wins. Reflect on how the habits you've stacked have supported your larger vision and the positive changes you've noticed.

• What's working well:

• Positive changes noticed:

• Challenges overcome:

UNDERSTANDING YOUR RESPONSE TO STRESS

06 Next Steps

Continue to refine your habits and adjust your stack as necessary. The key is consistency and building momentum. What's one new habit or routine you want to add next?

“Remember that if you don’t prioritise your life someone else will.”

— Greg McKeown, *Essentialism: The Disciplined Pursuit of Less*

CONTINUE YOUR JOURNEY

This workbook is part of Beyond the Bathhouse, a wellness series brought to you by Aurora Spa & Bathhouse. Each session builds upon the last, offering practical ways to enhance your daily wellbeing practices.

Watch all episodes on our YouTube channel or listen via Apple Podcasts — search 'Beyond the Bathhouse' on Apple Podcasts and @AuroraSpaBathhouse on YouTube

YOUR COASTAL SANCTUARY

At Aurora Spa & Bathhouse Sorrento, we've pioneered urban wellness for over two decades, weaving time-tested practices with the restorative power of our coastal setting. In our subterranean bathhouse and treatment spaces, expert guidance meets tranquil sophistication, creating moments where time slows and restoration flows.

BOOK YOUR VISIT AT [AURORASPA.COM.AU](https://auroraspa.com.au)
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