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Project', Akash Karia has clearly outlined the steps we need to take to either introduce, or reclaim 'good habits' in our lives and how we actually do 'hold the reigns in our own hands' when it comes to leading more productive and fulfilled lives despite any obstacles we may face or put on ourselves.

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HABIT Story The HABIT Project was founded in 2016 by two families, the Millers (Danielle + Steve, Nash, Fay and

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Gwen) and the Vermeers (Mariah + Chris, Case and Luca). Passionate about life balance and improving wellness, we started juicing every day and witnessed incredible things, thanks to the healing power of food.

About – The Habit Project

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The process of creating a new habit is fairly easy, just five steps. Actually following through on this process is

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That's hard. The biggest obstacle to starting a new habit is inertia, the tendency to keep doing what we've always done, even if we know it isn't working. You can help overcome inertia by doing two things.

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