ARE YOU REACHING YOUR HEALTH GOALS OR WALKING IN CIRCLES?

YOU'VE SET YOUR HEALTH GOALS.

YOU DECIDE YOU'LL HOP ON THOSE GOALS TOMORROW.

WHEN TOMORROW ARRIVES, THOUGH, YOU FIND YOURSELF UNABLE TO FOCUS ON THE GOALS.

IT FEELS LIKE YOU'RE AIMLESSLY WALKING IN CIRCLES WITH NO ABILITY TO GET ON TRACK TO MEET YOUR GOALS.

Now what?

- Take a **DEEP BREATH**.
- Go back to **YOUR WHY** to remember why these health goals are so important to you.
- Focus on **ONE** goal.
- What are **THREE** things you can do today to move you closer to that **ONE** goal?
- Connect with a friend who can serve as an **ACCOUNTABILITY PARTNER**.
- **DOCUMENT** your **PROGRESS**.
- **CELEBRATE** your **SUCCESS**.

Remember: Small steps can help you achieve big results.

Be Well consulting group

Deb Nelson's greatest joy is helping her clients kick their old habits to the curb as they achieve their health goals. As an integrative nutrition health coach at Be Well Consulting Group, she supports people in individual and group settings as they set and achieve health goals. Contact Deb at deb@bewellcg.com. | www.bewellcg.com | 207-319-6794