

2018 January

Readiness to Change

How can you keep a good thing going?

The start of a new year always brings hopeful motivation for change. Once you ignite the desire to succeed, how long does it take before you burn out? Here are three tips to help you create a successful plan.

Track your daily activities

This may seem like a tedious task, but it can help you identify patterns of unhealthy behavior, such as late-night snacking or texting while driving.

Be willing to experiment

You may not know what approach will work best until you experiment. If one method doesn't work, try a different one.

Make one change at a time

Instead of trying to move mountains, start small. Each success will build your confidence and motivate you to continue. Small daily changes can soon become habits.

Source: webmd.com

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SUN

Happy
New You



MON

1
Start your new year by focusing on your health. Write your three health goals for the month below.

TUE

2

WED

3



THU

4

FRI

5

SAT

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Ensure that you set clear, concise goals this year for your resolutions.

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Schedule a new healthy activity to try each week, like biking or rowing.

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Make a resolution to focus on your well-being. Add mindful minutes into your day.

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Exercise doesn't have to be dull. Ring in the new year with your favorite exercises.

Learn more [here](#).

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Stay positive with your New Year's resolution! You can meet your 2018 goals.

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Step into a healthier you with 10,000 daily steps.

Learn more [here](#).

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Warm up with soups and stews this winter.

[Start with this healthy recipe.](#)

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Are you meeting your health goals this month? Check them below.

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If you met your health goals this month, make sure you celebrate by doing something you enjoy.

31

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.