

Small Changes...**Big Shifts**

*Developing small or manageable habits can lead to larger transformations.
The path to a more resilient you begins with one step.*

MINDSET

Replace “I have to...” with “I get to...”

- *“How blessed I am to have a body that can accomplish this task”*

Create a calm environment.

- Sometimes a space can create clutter in our minds.

Write down positive statements about who you are.

- What you can accomplish starts with how you see yourself!

Write a gratitude list.

- Big things...little things...all the good things!

Take a deep breath before reacting.

- Practice the pause, modify the outcome...

Say “No” without apology.

- Never feel guilty for establishing a boundary.

*Today
I CHOOSE
joy*

MOVEMENT

Take frequent stretch breaks throughout the day.

- Your body deserves it!

Spend time outside every day.

- Even when it is 40 below!

Go to bed 30 minutes earlier.

- maybe a few extra minutes is what you need for mental clarity

.Connect with people socially.

- Phones are draining, be present.

Take a 10 minute walk after eating.

- give your stomach a leg up on digestion!

*Small
steps
every
day*