

## Plan for Small Victories

Simply having a **goal** in mind **does** not achieve success. A **goal without a plan is just a wish**...and daydreams alone seldom produce results. ... A little quote with a large dose of reality comes to mind: **"A goal without a plan is just a wish."** When folks look at their health, fitness and nutrition with an *"all or nothing"* point of view, it can be too daunting to even get started.

What if you could take a one small step at a time to learn how to really take care of yourself? Just one small thing that over time of application added up to something big?



### **Definition of SMALL**

Adverb: into small pieces

### **Definition of VICTORIES**

Synonym: conquer, triumph, favorable result

Balanced habits take time to instill.

What many people forget is that a habit forms from repetitive action....habits take practice so that eventually the behavior goes unnoticed.

Make a deal with yourself to celebrate even the small victories with the understanding that unless you take lots of continuous small steps forward, **you'll never get "there."**

