



# INTEGRATIVE INSIDER

## Key Takeaways

### Health & Wellness Coaching

Here are seven strategies that will make your New Year's resolutions last:

1. Figure out the bigger why and vision for your well-being resolution to keep you motivated when change feels hard
2. Create an intention vs. only goals so you have built in wiggle room as you figure out what actions work best for you
3. Take small, consistent actions until you establish a new habit
4. Build a support system of people who will cheer you on and hold you accountable
5. Redesign your environment to make it easier to take your desired actions
6. Expect and plan for setbacks, give yourself grace when they happen, and then get right back to your desired action
7. Celebrate small wins and build in rewards to create momentum

To learn more about Health & Wellness Coaching, scan here:

