

TOTAL TRANSFORMATION
47 English Settlement Road
Ogdensburg, New York 13669

totaltransformation21@gmail.com
315-276-6242



TOTAL
TRANSFORMATION
BODY. MIND.
SPIRIT.

5 Proven Strategies to Help You Stick to Your Health & Wellness Program For Good

1. Start with a complete and well-defined strategy

- How can you possibly achieve the life that you want to lead if you aren't sure what that looks like for you? Foundations will help you define your goals, think about your life from a multi-dimensional point of view, and formulate a plan to make it happen.

2. Start small

- Remember this is a marathon, not a sprint! Your body and mind will need time to adjust to a new routine and new habits. Have patience with yourself as you begin working to adopt new healthier habits, and remember that every small habit that you create will be the building block for all that is to come.

3. Eliminate the “all-or-nothing” attitude

- Don't be too rigid or inflexible with yourself. Recognize that life is going to happen and one bad day will not erase all of your efforts!

4. Make sure that your expectations are realistic and achievable

- Setting unrealistic expectations for yourself will quickly make your program go from exciting to overwhelming. Make sure that the goals that you set for yourself are realistic, and if after beginning you find that they are not, then simply readjust them and move forward!

5. Identify potential barriers and make a plan to overcome them

- Life is always going to throw us curve balls, and we will always have obstacles that we have to overcome. When you document and analyze your behavior patterns you can better identify the things that throw you off your routine, and put a plan in place to prevent them in the future.

The Foundations Program will help you focus your efforts on anything you set mind to, and will remind you to celebrate every single win along the way, no matter how small.

Even the greatest aspirations are within your reach when you are standing firmly on a solid foundation.

I wish you much health and happiness on your journey!

Sincerely,

Carrie Woodcock
Owner Total Transformation
Health Coach & Behavior Change Specialist
