Preparation

Taking Small Steps, part 1



If you have been thinking about changing your behaviors and habits in order to become healthier, you may find it helpful to take a few small steps at a time rather than trying to do too much at once.

Becoming healthier is a long term goal that can be accomplished in small steps.

You are probably already used to setting other types of goals. For instance, have you ever tried to make the honor roll? That is a long-term goal that can be achieved over a long period of time, but there are small steps that you can take every day to help you get closer to the honor roll:

Long-Term Goal:
Making the Honor Roll

Take better notes: write neatly

Small Steps

Stay Organized: write down all assignments

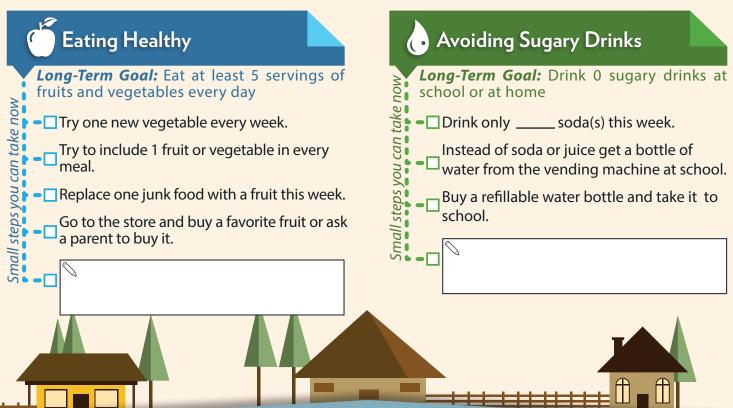
Improve Study Skills: use note-cards





Focusing on small steps that you can take right away can help you get closer to your long term goal.

Just like taking small steps to make the honor roll, you can take small steps to become a healthier you. Consider the following long-term goals for becoming healthier and select which small steps you can take now:



For More Information visit: www.HealthyMeFlorida.com



