

# Your Guide To Healthy Habits & Your Healthy Identity

**WellCentric**  
— H E A L T H —

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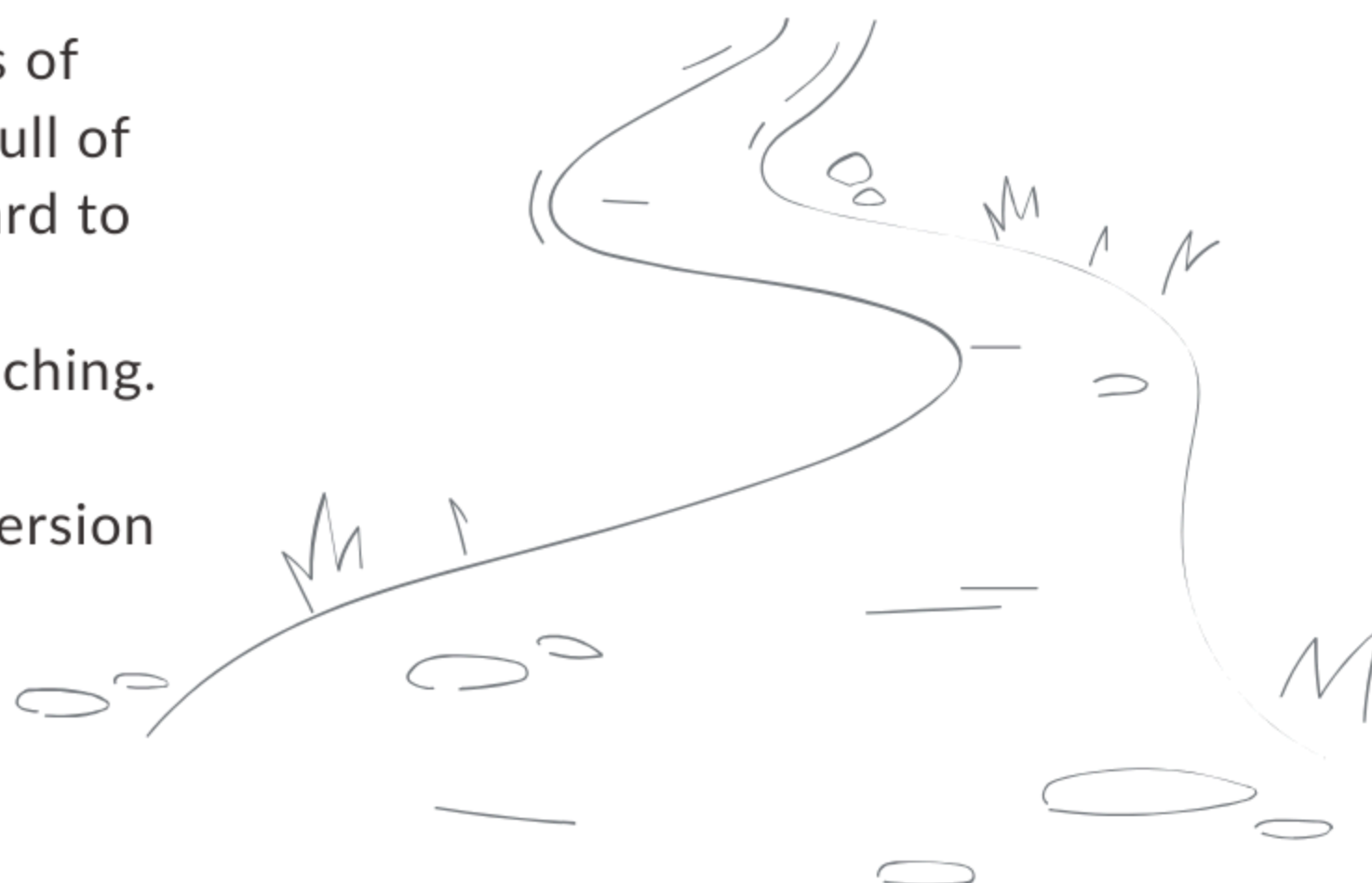
# CHAPTER 1: WELCOME TO YOUR HEALTHIEST SELF

Your Journey to Lasting Change Begins Here

## INTRODUCTION: A DIFFERENT KIND OF GUIDE

Welcome to the beginning of a transformational journey. This guide isn't about quick fixes or unrealistic promises—it's about building a foundation for lasting change. Whether you're here to improve your energy, address nagging health issues, or simply feel more in control of your life, you've taken an important step by choosing this path.

At WellCentric Health, we know the challenges of trying to make meaningful changes in a world full of conflicting advice. That's why we've worked hard to bring you this guidebook, blending the best of science, practical tools, and compassionate coaching. Our goal is simple: to empower you to create sustainable habits and become the healthiest version of yourself.



## WHY THIS GUIDE MATTERS

Imagine living a life where healthy choices feel effortless—where you wake up energized, handle challenges with confidence, and see consistent progress toward your goals. This isn't a pipe dream. It's achievable by focusing on what truly matters: aligning your daily habits with your values and identity.

Most health advice tells you what to do: eat better, exercise more, sleep longer. While these actions are important, lasting change starts with why you're doing it and who you're becoming. This guide is about going deeper—building habits that reflect the person you want to be.

### YOUR STARTING POINT

Every journey begins with a single step. Reflect on where you are now and where you want to go.

### THE POWER OF HABITS

Habits are the roots of lasting change. Start small, stay consistent, and watch your efforts grow.

### ALIGN WITH YOUR VALUES

Your values are your compass. Align your actions with what truly matters to you.

## WHAT MAKES THIS GUIDE DIFFERENT?

### 1. Identity-Based Change

Change isn't just about what you do; it's about who you are. This guide will help you align your habits with the identity you want to create.

### 2. Practical, Actionable Steps

From reflective exercises to habit trackers, you'll find tools that make consistency easier than ever.

### 3. Compassionate and Realistic Approach

We understand that life happens. This guide encourages progress, not perfection, and celebrates every step forward.

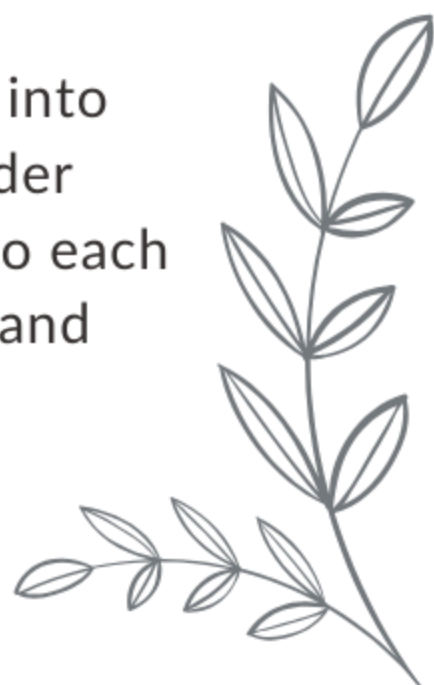
## HOW TO USE THIS GUIDE

To get the most out of this guide, it's important to approach it thoughtfully & intentionally. Here's how:

### 1. TAKE IT ONE STEP AT A TIME

Each chapter builds on the last, so take your time to work through the material. Instead of rushing to finish, focus on fully absorbing the concepts and applying them to your life.

- **Chunk It:** Break the guide into manageable sections. Consider dedicating a week or more to each chapter to reflect, practice, and build momentum.



### 2. REVISIT THE MATERIAL OFTEN

Transformation is not a linear process, and you'll likely face new challenges as you move forward. This guide is designed to be a resource you can return to whenever you need clarity, inspiration, or a fresh start.

## WHAT YOU'LL FIND IN THIS GUIDE

**Reflective Prompts:** Tools to help you uncover your deeper motivations and define your goals.

**Practical Exercises:** Steps to build habits, break unhelpful ones, and align actions with your values.

**Tools for Progress:** Habit trackers, journaling templates, and strategies to overcome challenges.

Each chapter builds on the last, leading you step by step through a process of self-discovery, action, and growth. There's no rush—work at your own pace. This journey is about progress, not perfection.

### 3. KEEP A JOURNAL

Writing is one of the most effective tools for self-reflection and personal growth. A dedicated journal can help you capture your thoughts, complete the exercises in this guide, and track your progress.

#### **Benefits of Writing:**

- Helps clarify your thoughts and emotions.
- Strengthens your commitment by turning ideas into tangible actions.
- Provides a record of your growth, reminding you of how far you've come.
- **Pro Tip:** Choose a journal that feels personal and inspiring, and keep it handy for both the exercises in this guide and daily journaling.

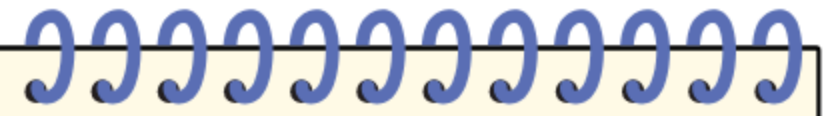
### 4. MAKE IT YOUR OWN

This guide is a starting point, but your journey is unique. Adapt the exercises, create systems that work for you, and explore additional tools to support your transformation.

## YOUR FIRST STEP

Take a moment to reflect on what brought you here. What do you hope to gain from this journey? What would success look like for you? Write your thoughts below. Be honest with yourself—this is your foundation for change.

*My Intentions for This Journey:*



### Key Benefits of Journaling.

- Clarify your thoughts and emotions.
- Turning ideas into tangible actions
- Reminder of how far you've come.

## LOOKING AHEAD

As you move into the next chapter, you'll begin by setting your intentions—a crucial step in clarifying your purpose and aligning your goals with your values. From there, we'll explore how to uncover your “why,” build habits that stick, and align those habits with your vision of your healthiest self.

**Take a deep breath—you've already started. Let's take the next step together.**



### INTRODUCTION: THE POWER OF INTENTION

Before doing any action, it's important to take a step back and ask, "Why am I doing that?" Sometimes we don't know our goals, and that's the problem that prevents our dreams and wishes from being fulfilled.

When challenges arise in our lives, we often feel as if we're stuck, wondering why all the things we've done aren't working. By setting a clear and meaningful intention, we're taking the first step toward making things change.

### SETTING YOUR INTENTION

Think of your intention as a personal mission statement. It should reflect your values, passions, and the outcomes you want to achieve. A strong intention is:

- 1. Specific: It focuses on what you really want to do.
- 2. Positive: It's a goal you can work toward, not a negative statement like "I don't want to be poor."
- 3. Personal: It's a goal that's meaningful to you, not just a general goal.

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1. What do you really want to do?

2. How do you want to feel?

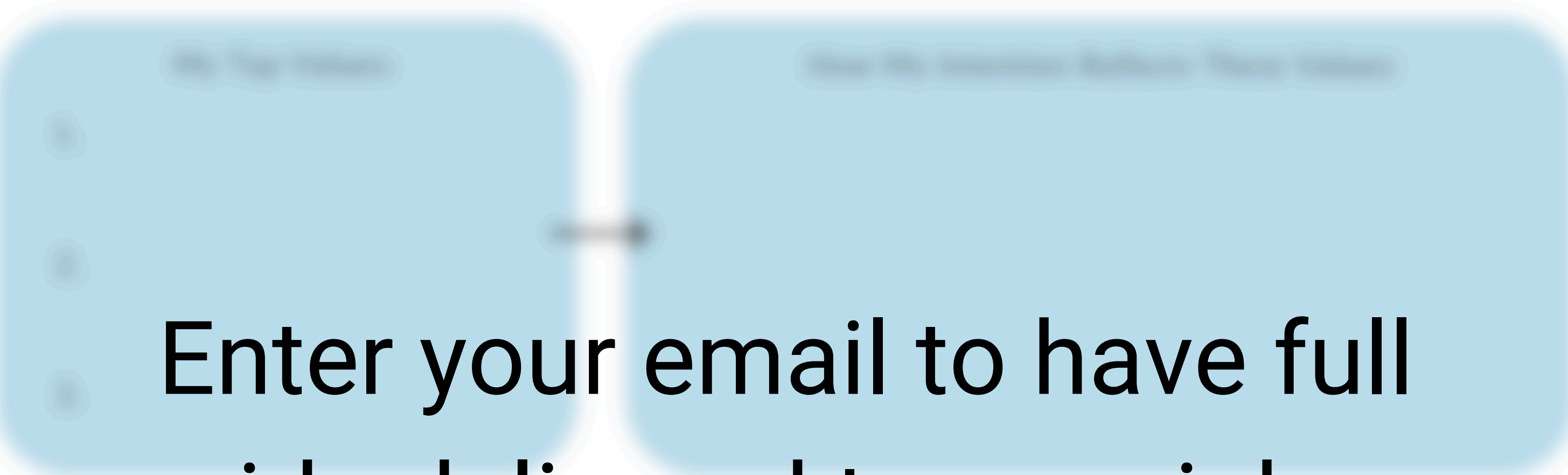
3. How do you want to be perceived by others?

Now, write your intention statement below:

## LEARNING OBJECTIVES WITH VALUES

- You understand a model presented within a context to solve word problems. For example:
  - 1.0 you understand problems with operations with numbers on finding unknowns and mentally comparing to find the unknowns.
  - 2.0 you understand problems with operations with numbers on finding the strategy to perform meaningful operations.

Students identify and use the three values and explain how they align with your standards.



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## LEARNING THE FIRST STEP

Students identify and use the three values and explain how they align with your standards to solve word problems with operations with numbers on finding unknowns and mentally comparing to find the unknowns.

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## LEARNING THE END

With your understanding of the three values and explain how they align with your standards to solve word problems with operations with numbers on finding unknowns and mentally comparing to find the unknowns.

### INTRODUCTION: THE IMPORTANCE OF KNOWING YOUR WHY

Change is hard, but it's nearly impossible without purpose. Your "why" is the driving force behind your actions. It's the reason you get up every day, the reason you persevere when things get tough, the reason you're willing to sacrifice, willing to work, or taking more responsibility. It's about why these things matter to you.

For some, it's about showing up early for the team every day. For others, it's about finding freedom, confidence, or joy. Whatever your reason, identifying and connecting with it is essential for meaningful, sustainable change.

It's about how a why to that can drive almost any how.

### REFLECTION: WHAT'S YOUR WHY?

Take a few minutes to reflect on these questions:

What are your current values, beliefs, and goals? How do they align?

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### REAL-WORLD EXAMPLE: DISCOVERING YOUR WHY

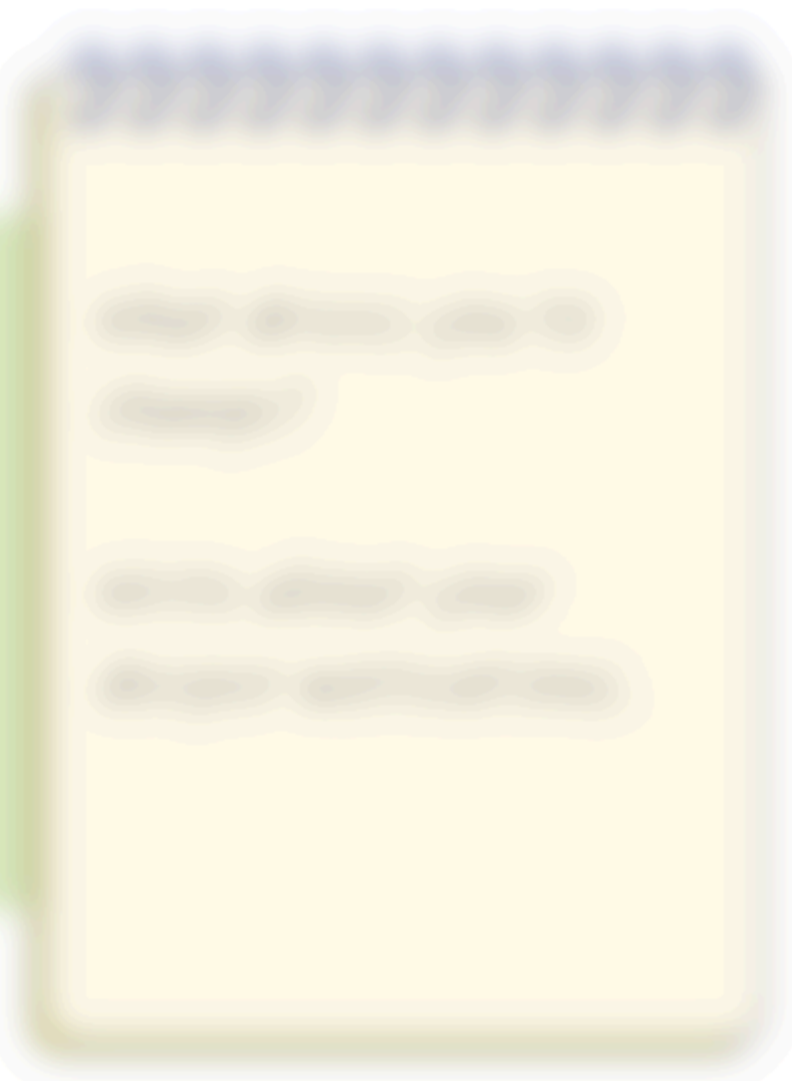
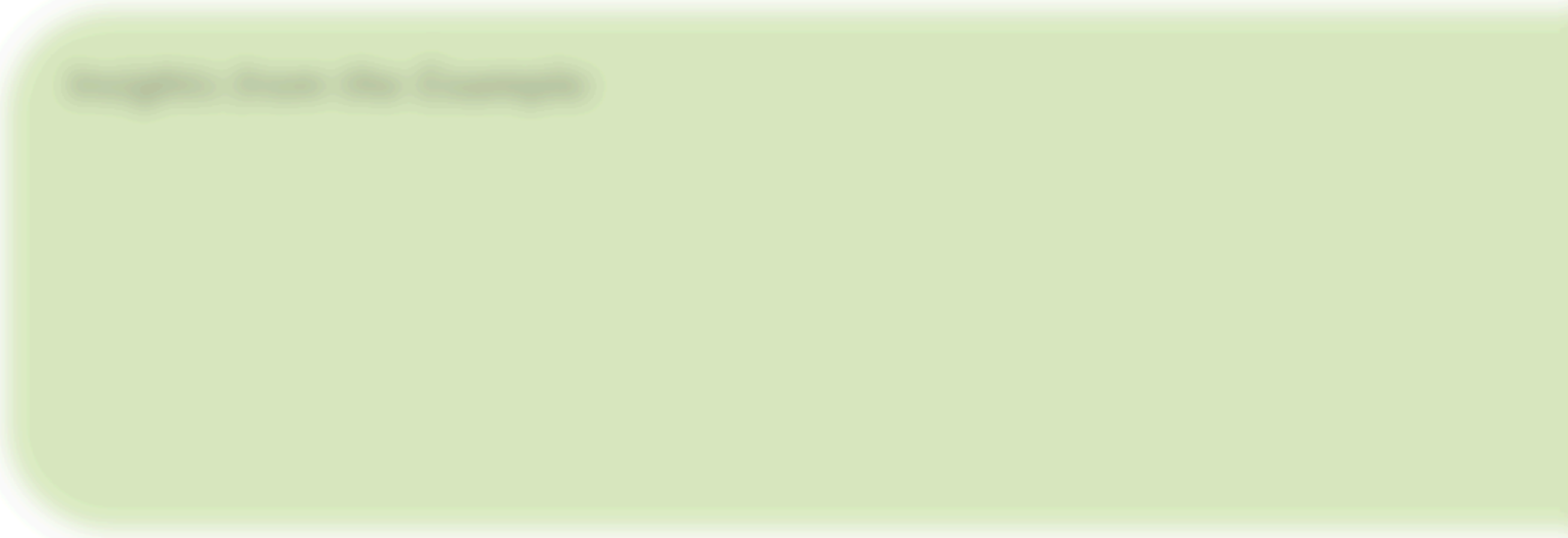
It's easy to understand the process of discovering your "why." Here's a real-world example of a coaching conversation.

- COACH: "What brings you here today? What do you want to achieve?"
- CLIENT: "I want to lose weight and get healthier."
- COACH: "That's a great goal. Can you tell me what's important to you?"
- CLIENT: "Well, I've been feeling sluggish and tired, and I just want to feel better."
- COACH: "I can see that feeling better is an important. What would feeling better allow you to do?"
- CLIENT: "I'd be able to keep up with my kids and that would contribute to my happiness."
- COACH: "That's a powerful reason. So, what else do you want about feeling better? It's about being able to keep up with your kids and feeling confident. How does that sound?"
- CLIENT: "That sounds right. I really want to be able to keep up with my kids."

**EXAMPLE: INCLUDING YOUR WEBSITE**

**Reflection Prompt**

What does the design example teach you about how you will share your work with others?



**EXAMPLE: YOUR CONNECTION TO YOUR WEBSITE**

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Working with a design partner about how you will share your work with others



**LEARNING GOALS**

With your design partner, you will create a design plan for your work. You will also create a design plan for your work. You will also create a design plan for your work.

### INTRODUCTION: FROM VISION TO STRATEGY

Now that you've discovered your why, it's time to turn that powerful sense of purpose into action. This section will introduce you to the SMART goal framework and show you how to use it to create your own SMART goals. You'll also learn how to track your progress and stay motivated throughout the process.

SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound. This framework helps you create clear, actionable goals that align with your why and set you up for success.

### HOW TO SET SMART GOALS



- 1. **Specific**
  - Focus on what you want to achieve, not just how. Be clear about what you want to accomplish.
  - Example: "I want to be a better leader" is vague. "I want to lead my team to a 10% increase in productivity by the end of the year" is specific.



- 2. **Measurable**
  - How will you know when you've achieved your goal? Set clear metrics to track your progress.
  - Example: "I want to be a better leader" is not measurable. "I want to lead my team to a 10% increase in productivity" is measurable.



- 3. **Achievable**
  - Set goals that are challenging but realistic. Consider your resources and constraints.
  - Example: "I want to be a better leader" is achievable. "I want to be a better leader in 24 hours" is not achievable.



- 4. **Relevant**
  - Your goal should align with your why and your overall vision for the future.
  - Example: "I want to be a better leader" is relevant to the goal of becoming a successful entrepreneur.



- 5. **Time-bound**
  - Set a deadline for your goal. This creates a sense of urgency and helps you stay motivated.
  - Example: "I want to be a better leader" is not time-bound. "I want to lead my team to a 10% increase in productivity by the end of the year" is time-bound.



- 6. **Track your progress**
  - Use a journal or spreadsheet to track your progress and stay motivated.
  - Example: "I want to be a better leader" is not trackable. "I want to lead my team to a 10% increase in productivity" is trackable.



- 7. **Stay motivated**
  - Celebrate small wins and stay focused on your why.
  - Example: "I want to be a better leader" is not motivating. "I want to lead my team to a 10% increase in productivity" is motivating.

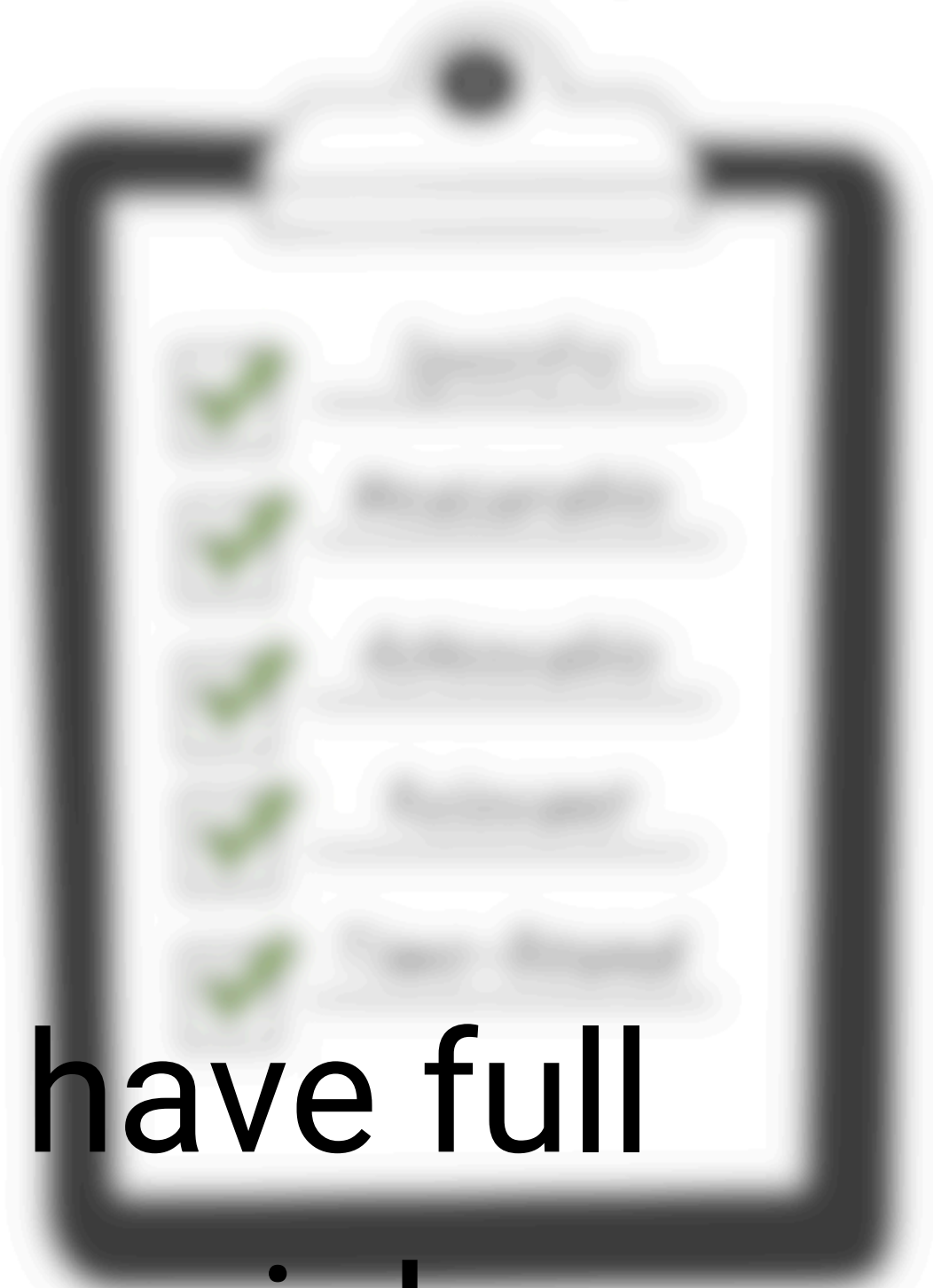


- 8. **Review and adjust**
  - Regularly review your progress and adjust your goals as needed.
  - Example: "I want to be a better leader" is not reviewable. "I want to lead my team to a 10% increase in productivity" is reviewable.

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REFLECTION EXERCISE: CRAFTING YOUR SMART GOALS

Write one or two SMART goals that align with your why. Use the framework to answer the 5 questions, remembering to identify, address, and track success.



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TRACKING PROGRESS

Check your progress on your goals. It's important to track your progress regularly. You can only track the amount of time you spend on a goal and a sense of accomplishment as you go along.

Tip for Tracking

- Use a calendar, notebook, journal, or app to record your daily efforts.
- Celebrate small wins along the way.
- Reflect weekly. What's working? What needs adjustment?

Remember, there are no shortcuts to success!

100



STARTING A GOAL

Use the steps in this chapter to get started on your goals. Remember, the only way to reach your goals is to start. You can't get there if you don't start.

Step 1

- Choose a goal that is specific, measurable, achievable, relevant, and time-bound.
- Write down your goal and the steps you need to take to achieve it.

Step 2

Break your goal into smaller, manageable tasks.

Remember, there are no shortcuts to success!

- Write down your goal and the steps you need to take to achieve it.
- Break your goal into smaller, manageable tasks.
- Write down your goal and the steps you need to take to achieve it.

SMART Goal Template

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

LEARNING GOALS

Use your SMART goals to learn. The first step is to identify your learning goal and then to write down your goal and the steps you need to take to achieve it. Remember, there are no shortcuts to success!

### INTRODUCTION: WHY HABITS MATTER

Habits are the invisible architecture of our lives. They shape our daily actions and determine whether we're moving closer to our goals or further away. Research shows that up to 45% of our daily behaviors are habitual, occurring without much thought. This is both the challenge and the opportunity: habits can be automatic, but they're also changeable.

Psychologist Dr. BJ Fogg's *Tiny Habits* and Charles Duhigg's *The Power of Habit* have illuminated the mechanics of habit formation. By understanding how habits work, you can design routines that serve you and break free from those that don't.

### THE HABIT LOOP: CUE, ROUTINE, REWARD

Charles Duhigg introduced the concept of the habit loop, a three-step process at the heart of every habit:

1. Cue: A trigger that initiates the behavior.
2. Routine: The behavior itself.
3. Reward: A benefit that reinforces the behavior.

#### Example

- Cue: Feeling stressed after a long day.
- Routine: Eating a cookie at midnight.
- Reward: Temporary relief from stress.

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Dr. Fogg emphasizes that to build a habit, it's more effective to focus on the cue and reward rather than the routine.

### How to Build a Habit

1. Identify the cue: What triggers the behavior? Is it a specific time, location, or event?

Example: **1. Identify the Cue:** Feeling stressed at the end of a long day.

2. Identify the Routine: Choose an alternative action that serves the cue well.
3. Identify the Reward: Connect the replacement habit to a positive feeling or sensation.

#### Example

- Cue: Feeling stressed
- Routine: Drinking through a straw with lemon
- Reward: Feeling a bit calmer with hydration
- Reward: Feeling calmer and more hydrated

**Behavior Change:** When stress and tiredness lead to change and discomfort, a replacement routine

HOW TO USE THE GUIDE

When using the guide, you will find the following information on each page: a list of the tasks you can perform on the page, the name of the task, and a brief description of the task.

How to Use the Guide

- 1. Choose a task from the list of tasks on the page.
- 2. Click on the task name to go to the task page.
- 3. Follow the instructions on the task page to complete the task.

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### THE POWER OF HABIT STACKING

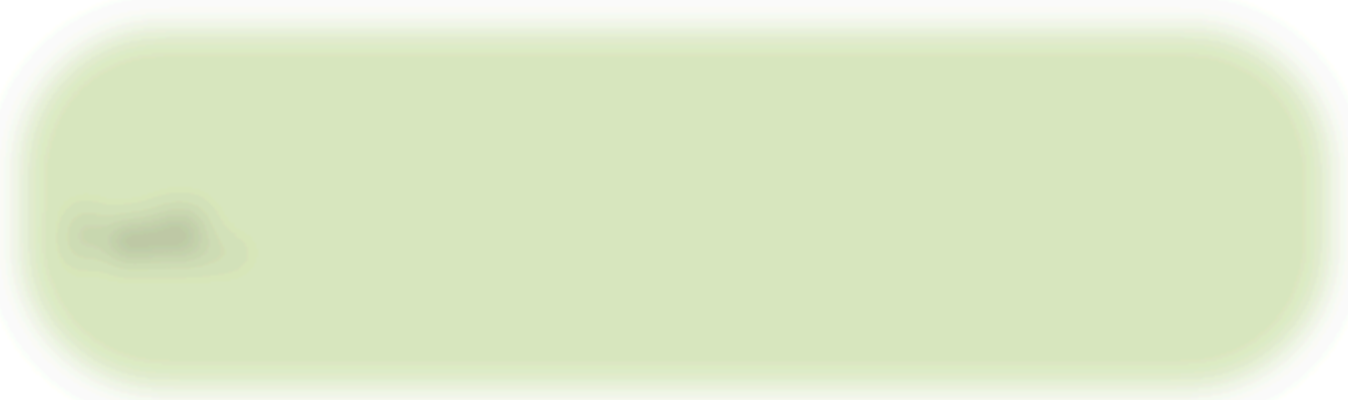
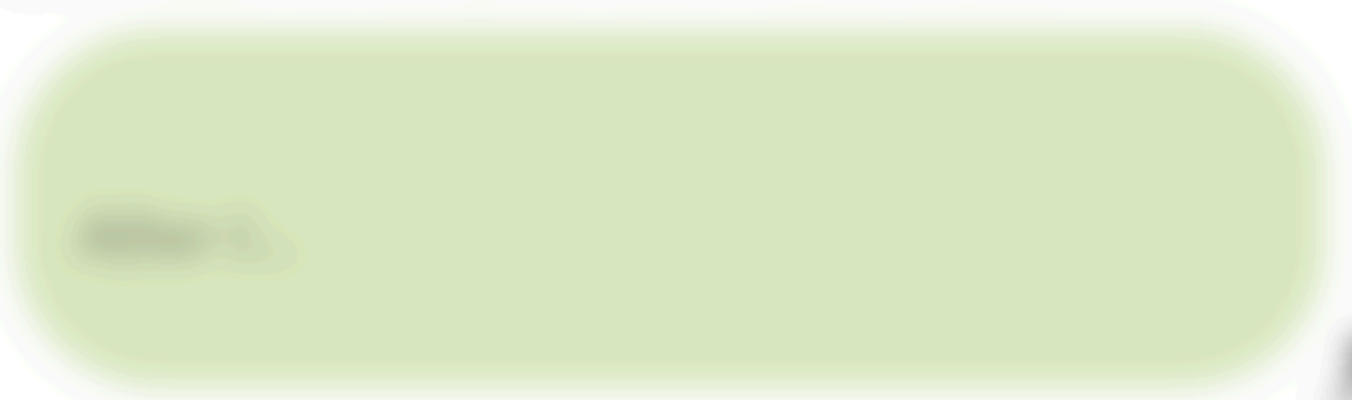
Habit stacking is a great way to build new habits. It involves using a new habit to go along with an existing one. This creates a natural cue for the new behavior.

Example:

• Existing habit: "I drink coffee every morning."

• New habit: "While the coffee brews, I'll write down three things I'm grateful for."

Remember: Write down your new habit stack.



### REFLECTION EXERCISE: SUCCESSFUL HABITS

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### HABIT TRACKER TEMPLATE

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### CONCLUSION

Now that you understand the science of habits and how to create them, the next chapter will explore how to stop those habits with your identity. In Chapter 6, Planning Your New Identity, we'll show you how your actions shape the person you're becoming.

### REMEMBER THE POWER OF IDENTITY

Your identity is the foundation of your habits. When you know who you want to become, identity becomes an ally who works to ensure that you do what you need to do. The goal is to get others to identify you with the person you desire yourself to be.

**Tip** Create a list of habits you want to create for the type of person you want to become.

When you know who you want to become, you can create a list of habits you want to develop. By aligning your habits with your desired identity, you can start creating habits that are consistent with a new version of yourself.

In this chapter, we'll explore how to define your identity and use it to create habits that align with your goals and values.

### REMEMBER YOUR FUTURE SELF

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**Remember** Your identity is the foundation of your habits. When you know who you want to become, identity becomes an ally who works to ensure that you do what you need to do.



### REPHRASE YOURS AS BREVITY STATEMENTS

When you write an essay, the "brevity is your enemy" or "brevity is your best friend" motto should be used. This motto is the opposite of the motto that the majority believe in.

- Examples of brevity-based mottoes:
  - Brevity-based motto: "brevity is your enemy"
  - Brevity-based motto: "brevity is your best friend"
  - Brevity-based motto: "brevity is your best friend"
  - Brevity-based motto: "brevity is your best friend"
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Another motto: "brevity is your best friend" is a brevity-based motto.



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### DEVELOPING LIFETIME RELATIONSHIPS

Continuously, the biggest challenge is changing the way we all connect, share, and work. Customer-facing roles might include:

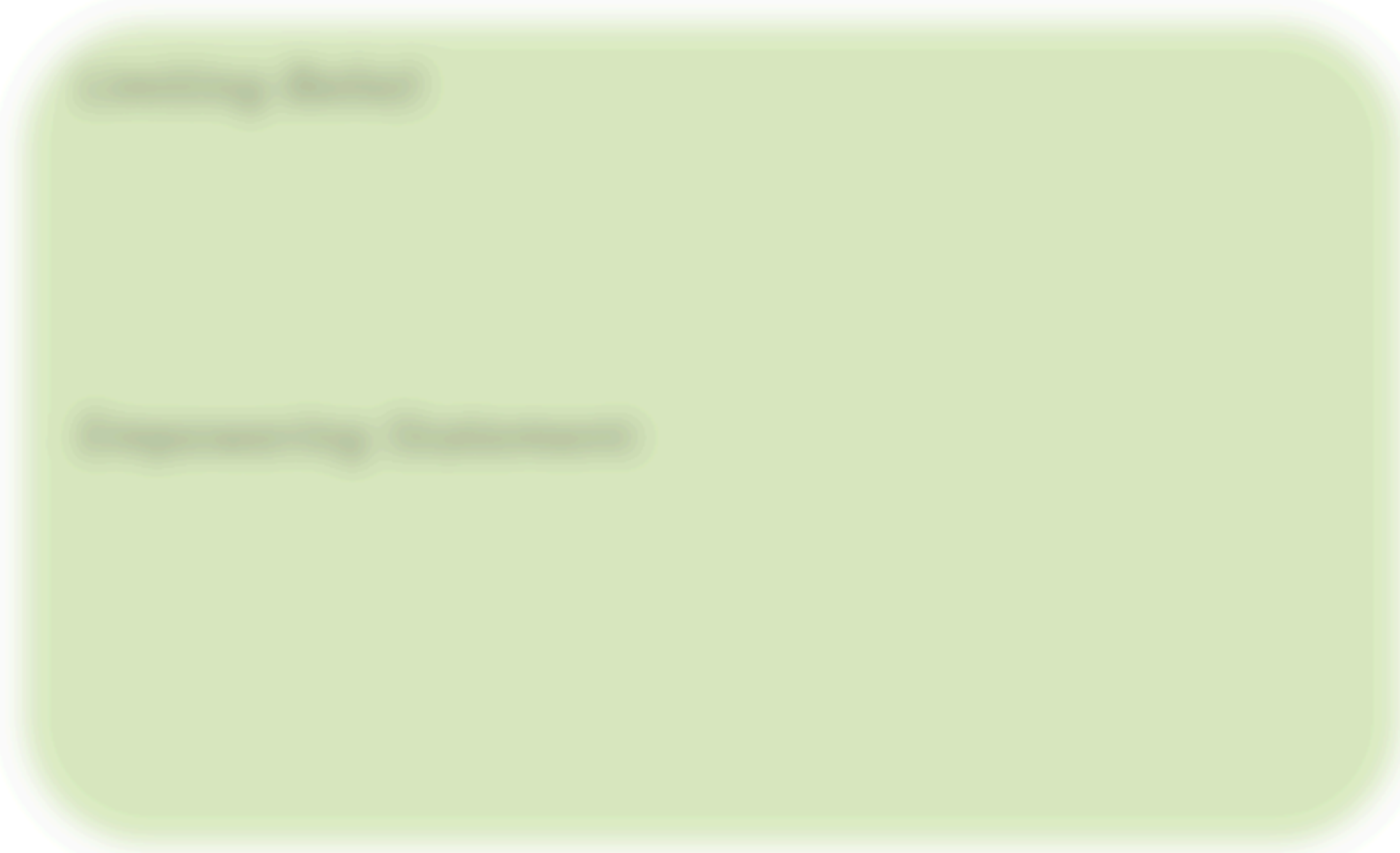
- "The customer is the center of the world"
- "The customer is the key to success"

To create a new identity, you must create new roles.

### THE RISE OF SELF-EMPLOYMENT

- "The customer is the center of the world"
- "The customer is the key to success"
- "The customer is the center of the world"

Following the lead of the customer, you must create a new identity for your organization.



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### LEARNING OBJECTIVES

With your newly defined roles, the next step is to address the inevitable challenges that arise during the process of change. In Chapter 9, we'll explore strategies to overcome resistance, build networks, and create lasting success.

### INTRODUCTION: THE REALITY OF CHANGES

The world is constantly changing and we are all facing different challenges and uncertainties in the face of change. Whether it's a lack of time, money, resources, or information, these challenges can affect our lives in many ways.

Our challenges don't have to be that bad. There is an unlimited world of growth. The key is having the right mindset to embrace the challenges, self-empowerment, and a clear plan for moving forward.

### BE PERSONAL: STOP BUILDING RESISTANCE WITH AFFIRMATIONS

Building through positive affirmations and the power of visualization can help you overcome challenges and uncertainties in life. Affirmations are positive statements and beliefs that you repeat to yourself and visualize the results. It can help you overcome challenges, build confidence, and create a positive mindset.

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Our challenges don't have to be that bad. There is an unlimited world of growth. The key is having the right mindset to embrace the challenges, self-empowerment, and a clear plan for moving forward.

It's not just the world that's changing, it's the way we think about it. It's the change in our minds that counts.



LEARNING OBJECTIVES

The objectives of this chapter are to:

- 1. The Role of the Business Cycle

- 2. The Importance of Government & the Role of the Central Bank

- 3. Macroeconomic Indicators: The GDP, Inflation, Unemployment and the Balance of Payments

By the end of this chapter, you should be able to:

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PLANNING FOR THE EXAM

It is important to understand the challenges you might face. By planning ahead, you can avoid any surprises with your exam preparation.

Remember, this book is your best friend and companion in your exam preparation.



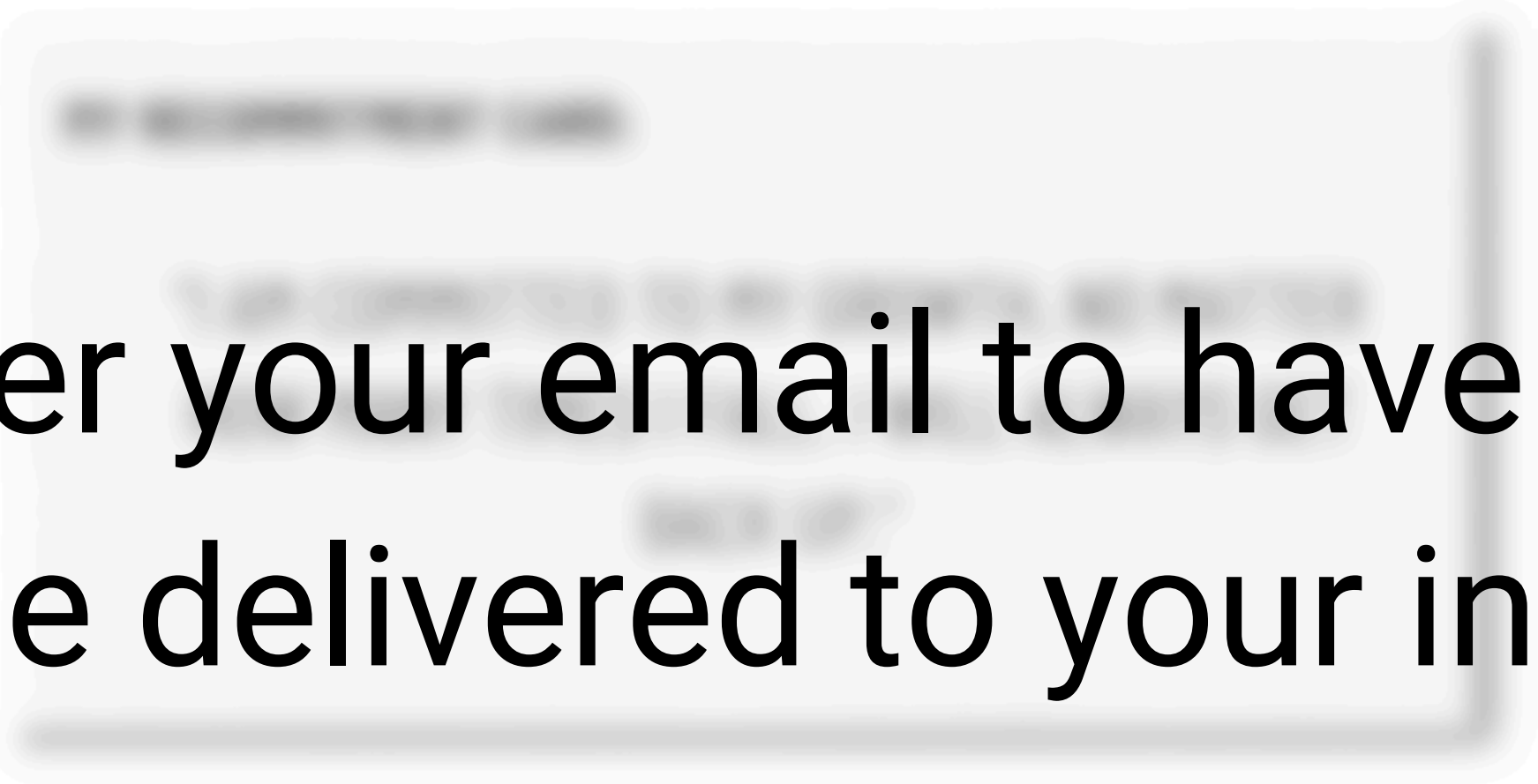
### RECAPITULATING TO YOUR GOALS

When you're ready to begin, the most important step is recognizing that you're in control of your life. You can choose to accept or deny the world and its challenges, and remember that every day is an opportunity to start fresh.

### Recognizing Challenges

Take a moment to sit quietly, and reflect on the challenges you face. What are the things that are most difficult for you?

### Recognizing Your Strengths



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### LEARNING AND GOING BEYOND CHALLENGES INTO INSPIRATION

Every challenge you face is an opportunity to grow stronger and more resilient with each step. By learning about yourself, your strengths, and taking control of your life, you're building resilience and setting the course for a life of lasting change.

In the next chapter, we'll look at how to create your own path and overcome any obstacles. This book will help you see the world through a different lens, and help you find the inspiration to live your best life.



## INTRODUCTION: WHY PROGRESS MATTERS

Change happens in small, consistent steps. But it's easy to lose sight of those steps when the journey feels long. That's why tracking progress and celebrating wins can make your work feel more meaningful and motivating.

Instead of wondering where you are, tracking progress allows you to see your current position, identify challenges, and celebrate positive outcomes. When you see evidence of growth, you're more likely to stay on track.



## THE POWER OF TRACKING PROGRESS

Tracking your habits and achievements allows you to see your progress over time.

How to Track

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Example: Check your progress by tracking your daily habits and goals.

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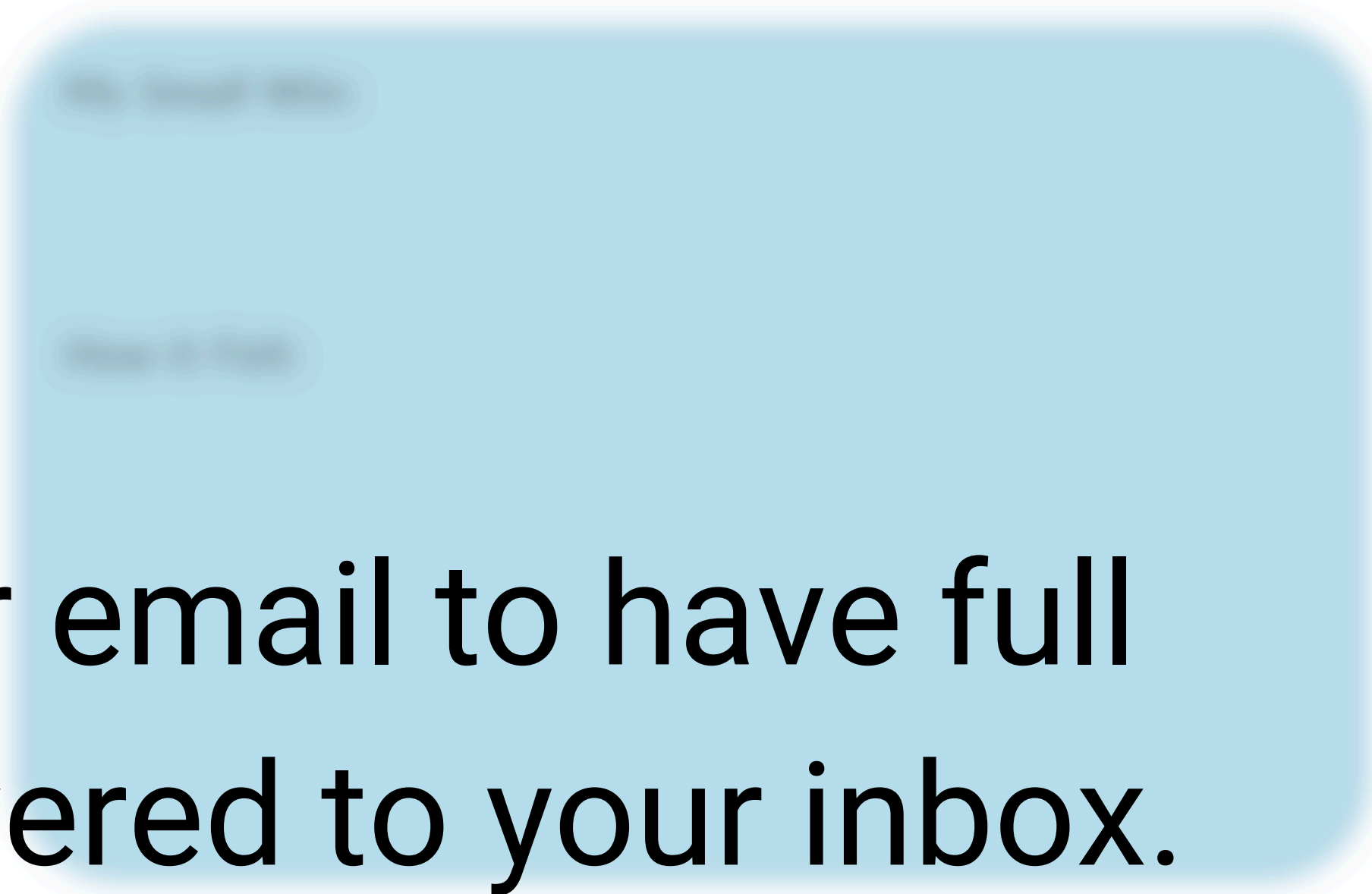
CELEBRATING SMALL WINS

When you have a small win, celebrate it. You can do this by taking a moment to acknowledge the achievement, or by sharing it with others. Celebrating small wins is a great way to stay motivated and to keep moving forward.

How to Celebrate

- Take a moment to acknowledge your achievement, or share it with others.
- Reward yourself with a small treat, such as a favorite snack or a relaxing activity.
- Celebrate with a friend or family member.
- Write down your achievement and how you felt about it.

Remember, celebrating small wins is a great way to stay motivated and to keep moving forward.



HOW TO GET THE MOST FROM YOUR GUIDE

Getting the most from your guide is all about taking time to read and understand the information. It's not just about getting the facts, it's about understanding the context and how it applies to your situation.

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## CREATING POPULATION WITH INDICATORS

For information about the way to create your program, there are also interesting examples of how to create and use the program.

### Example 1

- Creating a list of all your data
- Finding a list of all your data
- Finding a list of all your data
- Finding a list of all your data

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## LEARNING AND USING THE PROGRAM

Creating and using the program creates a different world of possibilities and growth. For any user, there are many ways to create and use the program. In this chapter, we'll explore how to create and use the program and how to use the program to create and use the program.

### INTRODUCTION: A JOURNEY, NOT A DESTINATION

Congratulations – you’ve made it to the final chapter. As you’ve seen, you’ve encountered some “bumpy” road ahead that aligns with your goals, navigated challenges, and celebrated your wins. But the journey doesn’t end here. Real living change is about creating a lifestyle that continuously evolves with you. In this chapter, we’ll focus on maintaining your momentum, adapting to life changes, and staying committed to the vision you’re pursuing. This is about more than achieving goals – it’s about embracing a new way of being.

### EMBRACING YOUR FUTURE

Take a moment to imagine your life six months, a year, or even two years from now. Picture the person you’d become because of the work you’ve done. How do you feel? What habits are you proud of?

### Reflecting on your journey and future with a smile

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Remember to celebrate your progress, no matter how small. It’s important to stay motivated and keep pushing forward. You’ve got this!





### CELEBRATING THE JOURNEY

Remember, it's not just about the destination. It's about the steps you take along the way. Celebrate your progress often, no matter how small it may seem. Every step is a milestone of how far you've come.

#### Real-World Example

When a client is new to our work, we often do a "progress check" with them and the person who's helping them.

Dear [Name],

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Your privacy is important, and we will never sell or share your information with any third party. If you have any questions, please contact us at [email address].

[Link to privacy policy]



### QUESTION 1

What is the primary reason for identifying your "why" at the start of your journey?

- a. To track your progress
- b. To build a support system
- c. To understand the deeper motivation behind your goals
- d. To avoid setbacks

### QUESTION 2

Which of the following is NOT a common barrier to change?

- a. Lack of motivation
- b. Lack of resources

### QUESTION 3

What is the most effective way to track your progress?

- a. Keeping a journal
- b. Using a habit tracker app
- c. Asking a friend to hold you accountable
- d. All of the above

### QUESTION 4

Which of the following is NOT a common barrier to change?

- a. Lack of motivation
- b. Lack of resources

### QUESTION 5

Think of a habit you've tried to break in the past. What was your goal, and how could you improve the results of it next time?

QUESTION 6

Which of the following best describes the role of self-compassion in overcoming challenges?

- A. Ignoring mistakes and moving on
- B. Criticizing yourself to stay motivated
- C. Treating setbacks as learning opportunities and responding with kindness
- D. Blaming yourself for not achieving your goals

QUESTION 7

Practicing self-compassion is only necessary for beginners.

- A. True
- B. False

QUESTION 8

Which self-compassion practice is most effective for reducing stress and anxiety?

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QUESTION 9

Self-compassion is only for people who struggle with self-criticism.

- A. True
- B. False

QUESTION 10

Which is the best approach when you experience a setback?

- A. Ignore it and try again later
- B. Criticize yourself to stay motivated
- C. Reflect on what you can learn and respond with kindness
- D. Blame yourself for not achieving your goals

FINISH THE QUIZ BEFORE CONTINUING ON

QUESTION 1

1. To understand the design intention behind user goals

QUESTION 2

2. Needs are more identifiable when designed with usability and user interface

QUESTION 3

3. To add value to all users who use their products and services for the long term

QUESTION 4

4. To help users understand and control their own data

QUESTION 5

5. To help users understand and control their own data

QUESTION 6

6. Finding methods of learning opportunities and responding with content

QUESTION 7

7. User training is valuable for increasing consistency of all users

QUESTION 8

8. Personalized content

QUESTION 9

9. User "aha" moments occur in both usability and value

QUESTION 10

10. Support user who are interested in user goals

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# DAILY WORKSHEET: STAYING ON TRACK

Designed to help you focused and engaged in your 5 minutes

Instructions: Complete this worksheet each morning or evening to reflect on your progress, connect with your purpose, and plan for success. It's quick, simple, and repeatable - your daily secret for staying on track.

## 1. MY INTENTION FOR TODAY

What is your main focus or priority for the day?

## 2. MY WHY

What are you working to create, connect with, or be making these things?

## 3. ANTICIPATING CHALLENGES

What potential obstacles might you face today and how will you overcome it?

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## 4. MY SMALL WIN

Reflect on one success from yesterday that you're proud of. Or make your own!

## 5. GRATITUDE

What are you grateful and appreciative of? Reflect on your strengths and capabilities.

## 6. END OF DAY REFLECTION (OPTIONAL)

Completing this in the evening, reflect on your day.

What worked well?

What could I improve tomorrow?