



**START NEW THINGS, BUT START REALLY SMALL.
MINI-GOALS ARE BEST.**

**PHYSICAL
HEALTH**

**MENTAL
HEALTH**

**TEAM
HEALTH**

“We need to learn how to practice love such that care – for ourselves and others – is understood as political resistance and cultivating resilience.”

– *adrienne maree brown*
author, emergent strategy and pleasure activism

Dan Pink writes in *When: The Scientific Secrets of Perfect Timing*, that we can start new things on any day, not just Jan 1. Especially motivating are first days of the month, Mondays, and holidays/anniversaries.