

Stay Disciplined and Committed to Achieving Health Goals

1

Write up to 3 specific health goals on a vision board or a paper, then post it somewhere highly visible.

2

Write up to 3 daily action steps or plans for each health goal.

3

Reward yourself and celebrate your small successes only if you accomplish your health goal action plans each day.

4

Hold yourself accountable for your health goals each day.

5

If you are falling behind or losing focus on your health goals, remind yourself WHY you are setting to achieve those goals in the first place.