



Field Notes

HEALTHY LIVINES SERIES



Healthy Habits That Stick

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Healthy habits are powerful tools that support your whole body and mind. Whether your goal is to **lower your blood pressure, improve your cholesterol, lose weight, manage diabetes, or simply feel better**—these small daily choices add up to a healthier, more vibrant you.

Karen's Corner

One of the biggest myths about healthy living is that you need more motivation.

In reality, motivation comes and goes. Habits are what carry you forward.

Instead of waiting until Monday or next month, start with one small change today. Small steps practiced consistently are what create lasting results.



FOUR WAYS TO BUILD HEALTHY HABITS

MAKE IT EASY

Choose a goal that's realistic and fits your life right now. Start small so success feels achievable and sustainable.



ATTACH IT TO A ROUTINE

Link a new habit to something you already do. This makes it easier to remember and more likely to stick.



CELEBRATE SMALL WINS

Progress deserves recognition! Celebrate every step forward, no matter how small.



GIVE YOURSELF GRACE

Missing one day doesn't erase your progress. Be kind to yourself and keep going.



Karen's Tip



Don't start over after one bad day. Simply pick up where you left off.



Questions? Need an Appointment?

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I'm Here for You

Every person's journey looks different. My goal isn't to give you a perfect plan—it's to help you find healthy habits that fit your life.

Keep asking questions, keep learning, and keep moving forward.

— Karen



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