

**So You Think  
You're Healthy**

# HEALTHY ROUTINE FOR 2018

## DO'S & DON'TS



### BE REALISTIC

Slow = good to go.  
Fast = likely won't last.



### SEE THE GRAY

Small changes lead to big results. Give yourself credit.



### PRIORITIZE

Incorporate one thing at a time.  
What will provide the greatest benefit(s)?



### NON-NEGOTIABLES

What do you need to feel your best?



### PROUD MOMENTS

Take a moment to reflect on your positive progress weekly, or even daily.



### REWARD YOURSELF

Rewards are exciting and motivating. Choose rewards that align with your health goals.



### BE EXTREME

Don't set yourself up for failure, shame, and guilt.



### ONLY BLACK & WHITE

Stop "shoulding" all over yourself.



### BE SUPERHUMAN

Don't compromise your basic needs, especially sleep, to achieve your goals.



### IGNORE YOUR NEEDS

When feeling off track or lost, reflect on your basic needs.



### FORGET TO REFLECT

If you're not meeting your goals, reflect on why that is. Change your approach/mindset.



### REWARD WITH FOOD

Avoid rewards that counteract the healthy changes you've made.