



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

**PHYSICAL  
HEALTH**

**MENTAL  
HEALTH**

**TEAM  
HEALTH**

"Do not be dismayed by the brokenness of the world. All things break. All things can be mended. Not with time, as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you." L.R. Knost

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.