

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

PHYSICAL HEALTH RESOLUTION:

MENTAL HEALTH RESOLUTION:

TEAM
HEALTH
RESOLUTION:

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.

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