

Spring into summer

It's safe to say that the last few months have been very different to what anyone expected. (Would you say... understatement?!) There were new routines for work, school, and meals, and changes in how we filled our days and thought about, well, pretty much everything. Chances are you discovered quite a bit about yourself and what matters most to you. With summer officially here and the country reopening, it's empowering to use what we've learned to make the most of the coming weeks ahead. In other words, it's an ideal time to look back - and forward - and map out a plan to help us feel good, reach our goals, and improve our health.

WHAT TO DO

Spend time reflecting on what you want to bring into summer with these three steps.

1

Write down what's worked for you over recent weeks that you want to continue doing.

Think about what made you feel good, find balance, or helped your weight-loss and wellness journey. (Yes, even the small things count.) Choose one item from your list that you want to take with you into summer - and imagine all the benefits!

2

Now, make a list of something new you'd like to do this summer to build up those *positive vibes* or help you on your journey. Try asking yourself what you'd like to accomplish by the end of summer. Identify that one thing that can realistically make this different to spring - and picture the payoff.

3

Focus on the two things you've singled out. What will need to happen for you to build them into your routine? Consider how you can use your relationships, personal strengths, or even your home space. Pinpoint which next step you can take this week to set the right tone for the season.



Share what you're bringing into summer in your Connect Virtual Workshop Group!

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