



CHOOSE ONE CHANGE
GET HEALTHY
ONE STEP AT A TIME

...

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Choose One Change

The key to getting healthy and staying healthy is to make small doable changes that stick.

If you're interested in lasting change, you may well just sabotage your efforts when you try to change too much too soon. You may feel overwhelmed, feel guilty, feel like a failure.

Instead, set yourself up for success with the 'Choose One Change Challenge'.

There are 52 weeks in a year. If you were to make one SMALL change each week for a year, imagine what a healthy upgrade you'd experience?

Now a change a week doesn't sound like much, but that's actually a swift pace. It takes 21 days to change a habit, so it's more realistic to consider taking on a small change every 3 weeks. This would result in 17 changes in a year – this would be a stupendous achievement.

Here are the areas that you can implement change:

- Lifestyle
- Mindset
- Movement
- Nutrition

Let me provide a few examples in each...

Lifestyle

- Go to bed 15 minutes earlier.
- Go to bed another 15 minutes earlier.
- Wake up (and get out of bed) at a specified time.
- Reduce TV watching to a specified time frame.
- Read a professional/inspirational/motivational (insert descriptor) book
- Do something social each week.
- Say no or limit to social events each week.
- Save money for a (fill in the blank)
- Carve out family time on xx day for xx long.

Mindset

- Start a gratitude journal to write 3 things you're grateful for each morning.
- Think of something nice to say to yourself every time you see yourself in a mirror.
- Consciously be more polite to others with saying please and thank you.
- Find a blessing with every negative happening.

Movement

- Add a workout in on Tuesdays and Thursdays.
- Add a weekend workout.
- Use the stairs at work.
- Walk the dog twice a day.
- Do a hike every second weekend.
- Stretch for 5 minutes after each workout.
- Train with a buddy on Saturdays.

Nutrition

- Remove added sugar your coffee.
- Read labels and if a product has more than 5 ingredients, don't buy.
- Start eating organic veggies.
- Swap brands of yogurt to a higher protein/less sugar brand.
- Include a green drink daily.
- Drink more water in the day.
- Reduce coffee intake to before noon only.
- Allow soda only on Saturday.

You get the picture...

Notice how each change is fairly small – some changes are more challenging than others. Each change can build on the next.

Use the planner on the next page to plan your ONE change. I've included strategies for overcoming obstacles related to making the change. If you plan ahead, you're more than likely to overcome the obstacles.

Feel free to copy this page as a helpful tool to plan out future changes.

Make sure to share your success!

Please go to [Healthy Secrets for Women 40+](#) on Facebook. This is a free group for women to get support, find motivation as well as relevant information to living a healthy and happy life.

Love Shawna K xo

The Choose One Change Challenge

My Change:

Reason for Change:

Potential Obstacles:

Possible Solutions: (list 3)

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