



## Small Simple Steps... *It's The Little Things That Count*

#Goals

Many people want to make lifestyle changes, but they don't know where to start. Sometimes obstacles get in the way and the path seems too daunting, or past attempts weren't successful. A major reason for this is the "all or nothing" approach. Think, for example, about a typical diet program where you have to change your entire diet and lifestyle at once. We make this drastic change, expect perfection from ourselves, get frustrated, and end up feeling deprived and guilty. Eventually, it is just not worth it, so we give up. It doesn't have to be like this...

**SMALL SIMPLE STEPS in the right direction result in HUGE and LASTING CHANGES!**

**Step 1: Brainstorm a list of up to 10 things YOU would like to do to improve your health.**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**Step 2: Now pick the 3 that you think are THE MOST IMPORTANT to you *right now* and write them below.**

- 1.
- 2.
- 3.



## Small Simple Steps...

### *It's The Little Things That Count*

MAKE IT  
*happen*

**Step 3: Now, pick ONE of these that you are willing to start with today and write it in the space below.**

**1) Set a SMART goal for this change.**

**2) What small steps could help you get to this goal?**

- a)
- b)
- c)
- d)
- e)

**3) Which of these steps are you willing to commit to *first*?**

**4) Identify obstacles that you might face or have faced in the past when trying to reach this goal. Brainstorm ways to overcome these obstacles.**

**5) Work on this change for a week or two. If you feel like you have mastered this one, move on to the next most important change from your list and repeat the steps. Every small step matters! Think how different your health could be by this time next year if you consistently identify ONE change and then work to make it a habit! YOU GOT THIS! Remember: YOU'RE WORTH IT!**

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