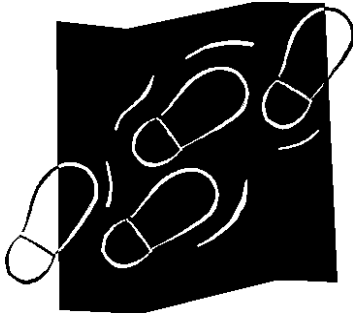


## Small Baby Steps Lead to Success!



Whether you believe you CAN, or you believe you CAN'T, you're right!

Many people can feel defeated and unsure they will be able to make lasting changes in their lifestyle because they haven't been successful in the past.

They hold their PAST unsuccessful history against themselves.

To change our INNER VISION and self-perception, it is really helpful to try out "baby steps" of new lifestyle options.

Focus on an area that you want to change, explore resources, come up with a PLAN for change and try it out.

BELIEVE that you CAN do it! IMAGINE that you CAN succeed! VISUALIZE that this IS possible for you to accomplish

Take action! If you have not been successful before, you CAN BE this time!

You can BEGIN in any area of your life that you want to.

The steps that you select should be FUN and enjoyable! Self-care does not have to be torture. You can learn to celebrate a healthful lifestyle! In fact, making FUN your focus will insure that your new patterns naturally become your *new way* you create your life.

We find our way one step at a time.