“Stay Home, Stay Safe”

Make sure to always take measures for your safety and the safety of others.

1. Wear a mask
2. Wash your hands
3. Socially distance
4. Avoid crowds

Here are a few other tips to stay safe during the holidays

1. Get your flu shot
2. Start quarantining
3. Quarantine upon arrival & get tested if you can
4. Wear a mask
5. Have your celebrations outside
6. Open windows, if you can’t have your celebration outside
7. Avoid inviting strangers, keep your circle small
8. Check CDC recommendations for latest information

What you’ll find:

Holiday Safety P.1
Mon, Tue P.2
Wed, Thurs, Fri P.3
Motivation Monday

It’s time to crank up those 2021 goals with a new year upon us. Why not choose a simple way to achieve those goals. The easy way to success assumes:

1) You already have experience and wisdom
2) You will choose the path of least resistance. Don’t get bogged down!
3) Overthinking gets you stuck. Find the direct path to the results you want!

TRY IT TUESDAY

Use this habit tracker to start your New Years Resolution off right! Pick 3-5 habits that you would like to be better with and then track your use of them each month. Use small goals (streaks) to reward yourself with something and stay disciplined and motivated!

Listen to The Daily Boost Podcast

Easiest Way To Thrive in 2021!


Discover your purpose and WHY...Take control of your schedule... Get focused... and Eliminate distraction... Stop procrastinating... reduce stress and find more happiness.
WELLNESS WEDNESDAY

Read “To Achieve Big Goals, Start with Small Habits”

https://hbr.org/2020/01/to-achieve-big-goals-start-with-small-habits

THERAPUTIC THURSDAY

When presented with a problem that requires behavior change, we pounce on it with big goals. We’re programmed to “go big or go home,” but big goals are more burdensome than they are motivational; they require daunting effort to accomplish and sustain. Instead, the way to achieve big is to start small!

Use this SMART Goals tracker to check in on your progress every once in a while. When you feel overwhelmed or feel like you aren’t reaching your goals, take a minute to evaluate where you are and maybe hit the reset button if you need to!

FITNESS FRIDAY

Do this 21 Minute All in One Tone Workout

https://www.youtube.com/watch?v=gsgRJd_rL1

Aim for 20 minutes a day of activity to get this year started off! 21 days to build a habit