

2014 Starting Well Challenge - Day 14 Worksheet

It's Time to Take Action

The only thing left to do now is start.

Today's Action Steps:

- **Take out your top habits.**
- **Start**

Some suggestions if you struggle:

1. **Keep things simple:** Break any habit or goal down into as far as you can and get traction
2. **Decide on a theme to keep you anchored:** It has helped me to have a theme for the year to ground me, even if I get distracted from goals and habits.
3. **Forgive yourself:** Don't beat yourself up or otherwise shame yourself. Just keep going and do the next right thing.
4. **Remember you're not in control:** Forces and people out of your control can sidetrack you on occasion. Just pick up where you left off.
5. **Push the 'Reset' button:** If only mentally and it helps, do it.

Congratulations!

The Challenge is over, but you're just starting.

May 2014 be one of your best years yet!