MAKING TIME TO FULFILL YOUR GOALS

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WHAT IS/ARE YOUR GOAL(S) FOR 2018?

- climb a mountain
- run more
- quit smoking
- read 20 books
- spend more time with family
- cut back on social media
- eat more vegetables
- have a creative hobby
HOW MUCH ARE OTHERS DOING?

- 1/3 exercise
- less than 5% get 30 mins/day
- 36% go to church
- avg. 1–7 min/day reading to kids
WHAT IS KEEPING YOU FROM REACHING YOUR GOALS?

Brainstorm
Not all hours are created equal!

- pump gas
- drop off library books
- pick up prescriptions
- go by the bank
- buy a birthday present
- fold clothes
- walk the dog
What can you do in 30 minutes?
What can you do in 10 minutes?
A LITTLE GIVE-AND-TAKE ALLOWS FOR YOU TO ACCOMPLISH SOMETHING INSTEAD OF MISSING OUT ON ALL OF IT

Be realistic
PRACTICAL TIPS

- Setting REASONABLE goals for ourselves
- Share
- Commit
HAVE A GREAT 2018.

Let us know how we can help you.