

## SMALL CHANGES = BIG RESULTS

**Mindful Message:** Small Changes=Big Results is a small message with a big impact. Recall a time when you started working on a major project or task. The initial enthusiasm for the work usually propels you for awhile, but eventually you lose steam. By making small changes in your daily routine and allowing them to become the new norm, you allow the possibility to truly create the lifestyle you desire.

### ✓ DAILY CHECKS ✓

POSTURE:

AB TIGHTENERS:

KEGELS:

My **LIFESTYLE ACTIVITIES** for today included:



The **ACTION STEPS** I took today:



Today I **AM SO GRATEFUL** for:



# MINDFUL MIRROR

**Point to Ponder:** How do you typically respond to changes in your life?