



TARGETING WELLNESS NEWSLETTER



GOOD NEWS FOR GOOD HEALTH

Essential Mindsets for Overall Well-being



Stop being afraid of what could go wrong, and start being excited about what could go right!
 - Tony Robbins

How you ever heard of "The Domino Effect"? It is a prime example of how movement starts with just one little shift in the *starter domino*. In this issue, we'll explore ways we can take "I want to" thoughts from our head to "I will do" actions in our daily lives. Creating the life we want requires taking action!

We are that starter domino! And this month, let's *lean in* to start the momentum needed to reach our goals!

CONCEPT

Have you ever had a dream or goal that required significant time, effort, and dedication to achieve? Even if it means so much to you, taking the first step can feel overwhelming, almost insurmountable.

Think about a goal you want to deeply, yet may not have gotten traction on yet.

- **Why is it so important to you?**
- **What would achieving it mean for your life?**
- **How would you feel once it's accomplished?**
- **How might your life change for the better?**

It's easy to get caught up in daily routines and lose sight of what truly fulfills us. We often find ourselves thinking, "Someday I'll be able to do what I want" or "Someday I'll be happy." But why wait? We're not here to simply endure our days in pursuit of an elusive "someday." Life is about embracing the journey, with its ups and downs, wins and losses, to grow and learn along the way.

Reflect on that goal you've been putting off. What emotions arise when you think about it? Excitement? Fear of failure? Concerns about what others might say? **Remember this: *Just beyond the fear lies magic, fulfillment, and true happiness. Are you ready to take one small step forward?***

QUARTER TWO GROWTH & LEARNING

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CONCEPT CONTINUED

It's easy to let doubts and excuses hold us back. We tell ourselves there's not enough time or resources, or that we'll get to it later. But what if that "later" never comes? Time flies quickly, and before you know it, months or even years can pass us by.

Today, let's change that narrative. When we procrastinate on something that could bring us joy, we deprive ourselves—and potentially our loved ones—of living the life we truly desire and deserve.

While financial constraints and a lack of support can pose challenges, we can break our goals down into tiny, achievable steps to start making progress today.

If you are still reading this, I want to congratulate you on taking the first step...acknowledging that you want a change. Let curiosity now lead you to ask "what if?"...What if you achieved that goal? I challenge you to now take another step and believe you can! I certainly believe in you!



One day or day one.

You decide.

- Unknown

MICRO-HABITS HELP YOU ACHIEVE GOALS NOW AND IN THE FUTURE

Taking a small step in the direction of one's goal can create a long-lasting good habit for future goal achievement in several ways:

- 1. Building Confidence:** Seeing progress boosts your confidence and belief in your ability to achieve your goals. This positive reinforcement makes it easier to tackle future goals and challenges.
- 2. Creating Momentum:** Each small step builds momentum, making it easier to keep moving forward. As you start achieving small milestones, your motivation grows, propelling you further along your journey.
- 3. Establishing Routine:** Small, consistent actions (i.e. micro-habits) create a routine that becomes a natural part of your daily life. This routine helps you stay focused and disciplined, making it easier to maintain progress toward your goals.
- 4. Enhancing Focus:** By breaking down your goal into smaller tasks, you can concentrate on one thing at a time. This focused approach keeps you from feeling overwhelmed and allows you to track your progress more effectively.
- 5. Developing Discipline:** Committing to small daily actions teaches you discipline and perseverance. These qualities are essential for achieving not only your current goals but also future ones.
- 6. Learning and Adapting:** As you take small steps, you learn what works best for you and what doesn't. This continuous learning helps you adapt your approach, leading to more efficient and effective strategies for achieving future goals. It enhances self-actualization. To start to trust yourself.
- 7. Building Resilience:** Facing and overcoming small challenges as you progress toward your goal builds resilience. This resilience prepares you to handle larger challenges in the future.
- 8. Cultivating a Growth Mindset:** Consistent effort and incremental progress encourage a growth mindset (read more about that in January's issue). This mindset helps you embrace challenges, learn from failures, and persist in pursuing future goals.
- 9. Creating a Positive Feedback Loop:** Successfully achieving small steps releases dopamine in your brain, making you feel good and encouraging you to continue taking action. This positive feedback loop can motivate you to set and achieve more goals and productive habits!
- 10. Setting a Precedent for Success:** When you see the results of taking small steps toward your goals, you create a precedent for future success. This experience provides a roadmap for how to approach and achieve other goals in the future.

➤➤➤ IS THERE AN AREA OF YOUR LIFE THAT YOU WANT TO TARGET FIRST?

Health and Wellness? Think about your morning and evening routines, anything you want to change? What about your physical health? Mental health? Emotional or spiritual health?

Career, Money, School? What changes do you wish to see in these categories? Are you finding a work/life balance? Do you want to learn something new? Are you utilizing your time in a way that energizes or drains you?

Relationships, Love, Friendships? Do you spend as much time as you'd like with loved ones? Is there a friend you have not contacted in a long time but holds a special place in your heart? Do you want to make new connections?

Happiness? What hobbies have you neglected but used to bring you such joy? Is there some home remodeling (small or large) that you want to start planning for or finish? Do you make time just to have fun?



PRACTICE TO START IN MAY

Remember the domino effect:

You are the starter domino in your life. Your first action, no matter how small, creates a chain reaction that can lead to significant progress. By taking that first step, you set off a series of events that build momentum and guide you toward your goal and a happier you!



Keep this acronym in mind when setting your goals.

➤➤➤ HERE'S YOUR ACTION PLAN

Set clear goals: Define what you want to achieve in the next six months, whether it's related to your career, relationships, health, or personal growth. Make these goals specific and meaningful to you.

Break it down: Create a plan with small, doable steps you can take daily or weekly. This makes your goal manageable and less daunting. Keep them front and center to remind yourself every day.

Track your progress: Use a change tracker, whether digital or physical, to monitor your achievements and stay motivated.

Stay consistent: Don't judge yourself for missing a day. Change takes practice and consistency. What's important is that you keep moving forward.

Consider finding a buddy or coach for accountability. Having someone by your side can make all the difference. Whether it's a friend with similar goals or a coach (such as myself) to guide and support you, accountability can propel you toward success. A supportive partner keeps you motivated, helps you stay on track, and provides valuable perspective and feedback. If you might be considering coaching, email me to set up a discovery call and find out if it's for you.





➤➤➤ Grow your own microgreens and sprouts

Just like small steps can result in huge outcomes, these small but mighty vegetables are packed with a powerful nutritional punch!

Microgreens:

Young vegetables that are harvested one to three weeks after planting. They are harvested when the first true leaves appear and grow to be a few inches tall. Unlike sprouts, they require sunlight which increases their nutritional value.

Sprouts:

These beauties are harvested before leaves arrive and take up to one week or less. They do not require sunlight.

The nutritional benefits of each type depends on the plant. Research shows that microgreens could be anywhere from 4 to 40 times as nutrition as the mature plant. They also act as antioxidants, with the power to prevent cell damage. (Research: Cleveland Clinic.org)



Resource:

health.clevelandclinic.org/benefits-of-microgreens

➤➤➤ Here are some of their health benefits:

- **Helps manage Type 2 diabetes** - microgreens can help to regulate blood sugar. Research done on animals revealed that broccoli microgreens can improve insulin resistance and that Fenugreek microgreens (a legume staple in Indian cooking) may also improve how well cells take in sugar by 25% to 44%.
- **Improves thinking and reasoning** - polyphenols in plants have antioxidant properties which improve cognitive functioning and may even prevent or delay the beginning of neurodegenerative diseases like Alzheimer's disease. Microgreens have lots of polyphenols!
- **Lowers the risk of heart disease** - the mentioned polyphenols also are linked to lowering the risk of heart disease. Studies have shown where red cabbage microgreens when added to a ones diet, can reduce body weight, triglycerides and LDL (bad) cholesterol...all of these are risks to heart disease.
- **Prevents cancer** - sulforaphane has been shown to have many health benefits including cancer preventions. Brassicaceae microgreens contain this and when added to ones diet may help prevent, block or possibly reverse cancer growth, especially colon cancer.
- **Protects vision** - lutein found in spinach, broccoli, dandelion and cress microgreens is a powerful antioxidant that is especially beneficial for eye health in older adults. Studies show lutein may improve or prevent age-related macular disease.
- **Reduces the risk of anemia** - iron deficiency is common and the leading cause of anemia worldwide. Many microgreens such as lettuce, those in the Brassicaceae and Fenugreek family seem to be the highest.

Plus it easier than gardening - you can do this right in your home simply with a glass jar or container with drainage. There are many YouTube instructional videos showing how easy it is. Why not give it a grow!

Recipe Corner - New Section!

This vegan lentil salad with spinach, pomegranate, avocado, and walnuts is super delicious and packed with nutrients.

Ingredients for the Lentil Salad:

- 3 cups cooked brown lentils I usually cook them the night before. Or if you like you can also use canned lentils.
- 1 avocado, cut into slices
- 2-3 handfuls fresh spinach
- 1/2 cup walnuts, roughly chopped
- 2 small apples, cut into small pieces
- 1 pomegranate



Ingredients for the Tahini Dressing:

- 3 tablespoons tahini
- 2 tablespoons olive oil
- 1 clove of garlic
- 6 tablespoons water
- 4 tablespoons orange juice
- 2 teaspoons orange zest
- salt & black pepper to taste



Directions:

- Cook the lentils according to the instructions on the package.
- Cut the pomegranate into halves and remove the seeds. I like to do this in a bowl of water because then it doesn't get all messy. Fill a large bowl with water. Place halved pomegranate into the water. Use your fingers to break the seeds out. Remove the white fiber that floats at the top of the water.
- Put all ingredients into a big salad bowl.
- Make the dressing: Place all ingredients into a food processor or blender and process until smooth.
- Pour the dressing over the lentil salad.