



GREAT WAYS TO Win at Wellness



Have you ever started off excited about trying something new — like an exercise program, healthier eating, or meditation... only to get stuck or stressed out and fall back into old patterns? Most people have. Sticking with healthy habits — week after week, year after year — tests even the most die-hard wellness enthusiasts. But here's the good news: You can increase your odds of lasting success by gearing up for lifestyle change right now. To get started...

1. POWER UP

Thinking about your strengths and successes fuels confidence and energy for the road ahead. So give yourself some credit for what you've already accomplished— and for areas of your life that are already working well.

Zero in on an accomplishment you're especially proud of; describe it or tell a friend.

- What is it about this achievement that makes you most proud?
- What personal strengths (like love of learning, courage, perseverance, curiosity) did you draw on to make it happen?
- How would your best friend describe your strengths?

List 3 of your personal strengths on a sticky note; place it where you'll see it every day.

Identify 3 ways you'll tap into these strengths to work toward your wellness goals and 1 action you'll take today:

- 1.
- 2.
- 3.

Action:

2. RALLY SUPPORT



People who inspire you to do your best and stay on track are more than cheerleaders. They high-five your wins, help you bounce back from setbacks, and challenge you to believe in yourself. Though your best bet is to choose people you'll see in person at least every week, virtual support works, too.

Know a few people who fit the bill? Jot down their names here:

Think about what kind of support appeals most to you. Do you need:

- A workout buddy?
- Daily pat on the back?
- A problem solver?
- Weekly progress check-ins?
- Other?

Talk to the people you've identified as potential supporters. Outline the specific type of support you'd appreciate — and offer to return the favor.

What are 3 ways they can help you be successful?

- 1.
- 2.
- 3.

RECOMMENDED RESOURCES

The Road to Resilience (American Psychological Association) [apa.org/helpcenter/road-resilience.aspx](https://www.apa.org/helpcenter/road-resilience.aspx)

What You Need to Know About Willpower (American Psychological Association) [apa.org/helpcenter/willpower.aspx](https://www.apa.org/helpcenter/willpower.aspx)

Self-Compassion Guided Meditations and Exercises (Dr. Kristen Neff) [self-compassion.org/category/exercises/#exercises](https://www.self-compassion.org/category/exercises/#exercises)

VIA Character Strengths Survey (VIA Institute on Character) [viacharacter.org](https://www.viacharacter.org)

