



# *Laying a Strong Foundation for a GREAT Year*

*A three month guide to laying foundational habits that build a healthier, more vibrant YOU!*

**FEBRUARY: FINDING MORE TIME IN YOUR SCHEDULE AND SPACE IN YOUR LIFE**

W  
E  
E  
K  
  
1

Identify extra clutter in your calendar, life, house

Action Step:

W  
E  
E  
K  
  
2

Makeover your mornings

Action Step:

W  
E  
E  
K  
  
3

Makeover your evenings

Action Step:

W  
E  
E  
K  
  
4

Evaluate toxins in your life (spiritually, emotionally, physically, mentally)

Action Step:

# MARCH: LET'S GET MOVING!

W  
E  
E  
K  
  
1

Prepare for movement

Action Step:

W  
E  
E  
K  
  
2

Find something you ENJOY doing

Action Step:

W  
E  
E  
K  
  
3

Let's do this!

Action Step:

W  
E  
E  
K  
  
4

What you measure, you can improve

Action Step:

# APRIL: ALL ABOUT NOURISHING

W  
E  
E  
K  
  
1

Physical

Action Step:

W  
E  
E  
K  
  
2

Emotional

Action Step:

W  
E  
E  
K  
  
3

Spiritual

Action Step:

W  
E  
E  
K  
  
4

Mental

Action Step:

## PUTTING IT ALL TOGETHER

### Evaluate what you have learned:

1. Any surprising discoveries or “aha” moments?
2. Has anything been hard or frustrating?
3. What changes have you already implemented?
4. Anything you are you wanting to implement?

### What support systems are you going to implement?

Accountability Partner(s):

Scheduled Events:

Supporter(s):

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Schedule a Strategy Session: [metz4health@gmail.com](mailto:metz4health@gmail.com)*