

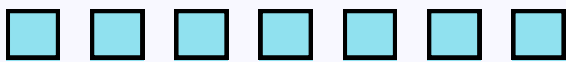
Consistency and Grace

Your health is a reflection of your daily choices. Every day, you have the power to shape your well-being through the habits you choose. Consistency is the secret ingredient that turns small actions into big results. It's not about perfection, but about showing up for yourself, day after day, even when it's hard. Pair a desire for change with a little grace and you allow yourself room to not be perfect. No matter where you are on your health journey, you have the power to change your habits. And don't forget to give yourself space. This will transform your life.

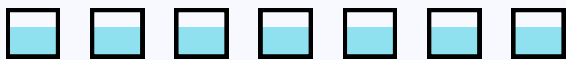
Unfamiliar and Unknown

Most things aren't truly difficult, just unfamiliar. The unknown can feel daunting because it's uncharted territory. But it's rarely as tough as we fear. We'll never find out unless we give it a shot. A small step forward can make a big difference.

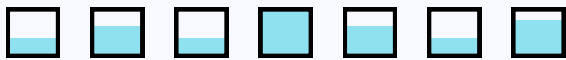
THIS IS CONSISTENCY



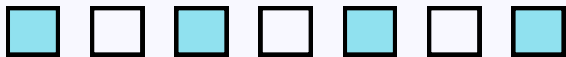
THIS IS ALSO CONSISTENCY



THIS IS TOO



AND THIS!



The future belongs to the consistent.
Not the talented, not the lucky, but the
one who shows up, even when it is hard.

Show up. Effort never betrays you.

Just Start

You'll never know what you're capable of unless you try. Start small. Do one thing and see what happens. You can always make a different choice.

Remember to be kind to yourself. You will not be good at something when you begin. Anything worth doing often takes time. Get comfortable being a little uncomfortable.

Small Things Lead to Big Changes

- **Daily Walk** - Once per day, put on your shoes, and go for a walk. Duration, distance, and speed are not important, just go.
- **Eat Protein** - Have protein for breakfast. When you've mastered that, have some at lunch and dinner too.
- **Read Something** - Put a book on your pillow in the morning and read a page or two before bed.
- **Deep Breathing** - Set a timer for 2 minutes and breathe deeply. No phone, no distraction, just you.

The true secret to building consistency is learning how to start. We have to start again after a missed day, an illness, vacation, birthday... Knowing how to recommit is a superpower.

