

HAPPY & HEALTHY CHALLENGE

This is not your typical challenge. It's more like a community supporting each other as we focus our intentions to put happiness in action to live happy & healthy lives. We will have weekly progress check-ins, live discussions and even a monthly giveaway on my Instagram account, stephanie_fleming! Here's how it works:

You can begin at any time. Follow the steps below to set yourself up for success. Then **JUST START!**

Join the community by using and following the hashtag **#happyandhealthychallenge**. Engage with your fellow happiness seekers by acknowledging their successes or drop an encouraging comment for someone in need of a cheering section.

STEP ONE - SET YOUR INTENTION

Close your eyes (yes, really) and visualize what a happy & healthy life looks like. Without judgment, think about where you are right now. How do you FEEL? Feeling good and on a happy & healthy path? HIGH FIVE! Keep on going or set another goal. Feeling stuck or ready for a change? No worries...let's set some intentions & build some healthy habits together.

Use the space below to write down what you want and how you want to feel.

A large grid of small dots for writing, consisting of approximately 20 columns and 30 rows of dots.

STEP TWO - CHOOSE A HABIT TO NURTURE

Create happy & healthy, **SUSTAINABLE HABITS** by focusing on **ONE** new action/behavior/practice a month. *Motivation is great but habits are the key to success!*

So how do we do that? It's not the most popular answer but it's the one that works. SLOWLY. What? NO! I'm ready to start right now, like today. All or nothing. Let's do this! Does that sound familiar? It does to me. I, like many of you, have found myself ready to change something or start a new project so I list out ALL THE THINGS. And I hit the ground running. And I feel great and strong and accomplished. But the pace is not sustainable. Nothing has become a habit yet. It's all pure determination. So when I stop to take a breath from the sprint, it feels good. And the warp speed that I was traveling seems almost impossible to start again. And eventually, I don't. I don't start again. And I'm right back where I was before the race or maybe even farther back. And then..all aboard the shame train. It's a vicious cycle that at best, keeps us from fulfilling our dreams and at worst, is mentally and physically hurting us.

This is an exercise I have had to experience over and over again. Why? Because I didn't learn the lesson I needed to learn. So life kept offering me the chance to learn it again. What a patient teacher.

Here is what we're going to do:

Commit to focusing on **ONE** new action/behavior/practice a month.

Plan it. Do it. Track it. Reflect and renew weekly and monthly.

If that new action/behavior/practice is working for you. Keep it going. If not, adjust and focus on a new habit to nurture.

MY FOCUS THIS MONTH:

A large area of dotted lines for writing.

CHOOSE AN INSPIRING QUOTE & WRITE IT HERE!

A large light blue rectangular area for writing an inspiring quote.