

WHAT I BELIEVE



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"We are now at a point where the benefits of a holistic, whole-person view are being recognized with regard to health and wellness, dealing with stress, living with a chronic disease, or 'simply' living your best life and reaching your full potential, whatever your career/life/ health goals may be. Coaching can have a tremendous impact by helping a client to make changes and by providing support, focus, and the extra boost needed to move forward."

So we've moved from winter into spring. Now that nature is taking the next step into a season of awakening and rebirth, what is yours going to be?

Did you make any New Year's resolutions? Do you remember what they were? How are things going?

This edition will help you regroup and get back on track.

I'd love to hear your thoughts and provide support for accomplishing your 2013 goals.

Enjoy!

All the best,

Colette

STAY CONNECTED



QUOTE - TWEAK

"When you're trying to motivate yourself, appreciate the fact that you're even thinking about making a change."

~ Alice Domar

Get Back on Track with Your Goals



Studies have shown that fewer than 50% of people are still on track by the end of June.

Only about 10% make it to the finish line in December.

Will you make this the year you make progress on long held hopes and dreams?

To support your efforts, here are some **Tweaking Tips** that may help:

3 Steps to Increase Commitment & Success

- Identify and assertively declare your goals.
- Be specific about each goal.
- Write each goal down and share it with someone supportive.

Research shows that these actions will increase the likelihood of commitment and success.

Proactively pinpoint potential challenges and obstacles to achieving your goals.

- Do you have a Plan B?
- Do the "if-then" exercise... e.g., "***if*** it is raining, ***then*** I will walk on the treadmill instead of taking my 30-minute run outside."

Keep trying. Don't give up!

- It takes time and patience to create new habits, break old ones, and train your brain.
- When/if you mess up, write it off to practice and you will make change more likely and sustainable.

Be kind to yourself.

Remember, it is more often the case than not that it will be some steps forward and several (and sometimes many) steps back.

Each day presents another opportunity to move forward.

The past is already gone, so don't beat yourself up about something that is now behind you.

Stay focused on the finish line!

12 JOURNEYS

Click to watch this inspiring video.



WHAT WE DO



Sometimes life takes you on a detour. How many times have you set a goal only to be sidetracked? If you're ready to get back on course, PT is a health, wellness, and life-executive coaching service designed to help you make positive changes in your life. Whether it's finding your passion or managing a chronic health condition, we'll help you identify roadblocks, develop strategies to reach your goals, and stay focused.

[Learn more.](#)