



# REMEMBER THIS

---

## ✓ IT'S YOUR JOURNEY

Don't compare your progress to anyone else's! It takes as long as it needs to.

## ✓ SMALL STEPS

It's not how fast you achieve your goal. Small steps applied consistently over time yields results!

## ✓ PAUSE & CELEBRATE

Instead of looking at how far you have to go - pause and celebrate what you have achieved.

## ✓ REVIEW YOUR PLANS

Change or modify your goals to reflect your changing circumstances.

## ✓ SURROUND YOURSELF

Surround yourself with accountability buddies and people who will support you on your journey!