

# Quick



*pick-me-ups!*



So much of health and wellness is all about your habits, motivation and personal mindset. There's one more piece that can make all the difference between taking action and giving up. It's your WHY. We've talked about knowing why you want what it is you want. And still, at times that's not enough to keep us moving forward. Too much work, family commitments, unexpected moments can take us off-track to the point where it's hard to get back to where you want to be.

Or, even more uncomfortable, is when we plateau or see no results. It's debilitating and makes us want to throw in the towel at times. That is the time we need to dig in, say hello to our future self and take the action steps that will matter in 6 months, 1 year or 10 years.

**Today you'll learn two quick, easy meditations to keep you on track when you aren't feeling it! Find these audio clips in the Member Portal and add your own notes below!**

*Kelly*



# Your Best-Self Morning meditation.

notes





# Meeting the Future You meditation.

notes

