

# How to Make Healthy Living a Lifestyle

*Valuable Tips to Help You Achieve Your Goals*

*by Carolyn Hartfield, Healthy Lifestyle Coach*



- **Determine YOUR Why for a Healthy Lifestyle**
  - Why do you want a healthier lifestyle for yourself
  - What is your motivation to change your lifestyle now
  - What has changed to put you on this new path
- **Prioritize Your Health Goals**
  - What are your top three (3) health goals you want to achieve
  - Which one is most important to you to achieve
  - Which one do you believe is most readily achievable
- **Develop Practical Strategies for a Positive Transformation**
  - What are your top three (3) areas of weakness
  - Which one have you struggled with most
  - Which one, when changed, will have the greatest impact on your health
- **Become Aware of Your Self-Talk**
  - Do you pay attention to what you say/think about yourself
  - Do you think more about your positive or negative experiences
  - Do you judge yourself on the choices you make
- **Create a Positive, Purposeful & Practical Action Plan**
  - Clarify exactly what you want to accomplish
  - Identify the resources that are readily available to you
  - Specify days/times you will perform your actions
- **Practice Makes Perfect ... Your Action Plan Becomes Healthy Habits**
  - Carry out your new daily routine for a minimum of 66 days
  - Pledge to complete your plan and be patient with yourself
  - Become aware of and relish your new pleasurable experiences
- **Make a Commitment to Yourself to *Live Your Best Life!***
  - Write a list of three to ten (3-10) things that you value most about yourself
  - Give yourself some daily 'me' time by doing something nice for yourself
  - Challenge yourself to try new things and savor in the spices of life
- **Flourish in Your New Lifestyle!**
  - *Live Your Life to the Fullest!!!*

***Want Healthy Lifestyle Coaching from a trained professional who walks the talk? Join me for an individual or group coaching session. Go to [www.CarolynHartfield.com](http://www.CarolynHartfield.com) and book your spot to start your journey to a lifestyle of optimum health, heartfelt happiness and harmonious living! Book your Coaching Series now - before 12/31/16 to take advantage of the 2 for 1 Special to start the New Year! Don't miss this opportunity to "Change Your Routine in 2017!"***

*Carolyn Hartfield, Healthy Lifestyle Coach, Founder/President of Lifestyle Management, LLC since 2001. Trained at Emory University. She is former owner of ACEE Natural Foods Stores and Café. Carolyn was featured on CNN's AccentHealth Network, WSBTV and various TV/cable, radio and Internet shows as well as various online and print publications, including a Special Edition of GirlFriends magazine for the White House Conference on Aging. She was selected as one of the TODAY Show/Huffington Post 50 Over 50, and by the Georgia Institute on Aging where she was presented with a Positive Aging Image Award, representing AARP, and she was chosen as a VIP Woman of the Year (2016-17) by the National Association of Professional Women. To learn more about Carolyn, visit her web site at [www.CarolynHartfield.com](http://www.CarolynHartfield.com). For coaching and booking requests, send to: email [CH@CarolynHartfield.com](mailto:CH@CarolynHartfield.com) or call/text 678.231.4973. (If you send a text, please include your name.)*