



SSS  
LL  
HH  
GG  
VV  
VV  
LL  
SS

“Challenges are what make life interesting;

# CHANGE...



**Flossie Alexander**  
Personal Weight Loss and Life Coach  
You Can Now! Coaching  
316.260.8096

**L**et's just be honest. Many people become paralyzed by fear when they think of making a change in their lives, and, as a result, often feel trapped, repeating unhealthy and often destructive habits that have been created throughout the years. Once in a while, they may step out of their "Comfort Zone" and attempt to make a change in their lives, going through the motions, initiating the change, but quickly fall back into existing patterns and habits that they feel more "comfortable" with. The truth is however, that if these habits were truly "comfortable," a person would not feel the need to change the behavior in the first place. It is also true that even though a person may actually know that a particular habit is harmful, they are often more comfortable remaining the same than to face their fear of change.

### Do You Know How To Change?

Clearly there are many simple, but important changes we could make that would ultimately make our lives better, but we just don't know how to do it. As someone who makes a living by helping others achieve lifestyle changes, I offer the following topics for you to think about when you are having "You Time." (If you don't have "You Time," we definitely need to talk!):

### What Is Important To You?

Many times we attempt to change things in our lives, but never make the mark because what we are attempting to change was something that was not really important to us to begin with. Before you invest in making a lifestyle change, take some time to get clear on what is really important to you. Do you want to have more energy to play with your children? Do you want to wear stylish clothes or just be able to shop in the "normal" section? Do you want to wake up in the morning feeling rejuvenated from your prior night's sleep? Do you want to be able to hop on that bike when your kids want to have some ride-till-you-drop fun time? Do you want to feel more confident? Do you want to have the energy to keep up with your busy life and still reach the goals you have set for yourself? Visualize you in the place you want to be!

### Decide To Do It

Lifestyle change requires attention, focus, effort, and the wanting to grow. If you are still wavering back and forth about whether or not you are ready to go through the challenges of changing your lifestyle, wait until you are very sure you want to start on that journey. If you are running at 100% capacity and you are not willing to prioritize, you will not have the time or energy you need to change. To effectively change, you will need to realize you have to put yourself first and free some time and space in your life to devote to your new goals and to developing new habits.

overcoming them is what makes life meaningful.” — Joshua J. Marine

# It's Not a Four-Letter Word.

## Develop A Plan

Once you have a clear vision of what you are working toward, break it into smaller, manageable steps and prioritize them. Don't try to do too much all at once. Start with the steps that are the most exciting for you. Months down the road, you will see that those small steps turned into huge strides.

## Use Your Strengths To Build On, To Create A New And Happier You

When you go about making changes, it is important to know what your strengths are, and to build on them.

Make sure to set yourself up for success. Often we focus far too much energy on our weaknesses and shortcomings that make us feel defeated before we even get started. Instead, focus on your strengths and talents and feel empowered! If you are a great cook, use these skills to prepare satisfying and healthful foods that everyone in the family will benefit from, but most importantly, YOU. If you are great at organizing, develop a schedule that you can stick to that will help you meet the goals you have in store for your life.

## Stay Focused

Using your new habits every day while you are working on new goals will change your perspectives and thought patterns that support your new behaviors. Small changes turn into huge victories! Do not try to make major changes all by yourself. Create a strong support structure around you that will keep you on track and moving forward, past all the inevitable challenges. 📖

*Eat healthy every day,  
you are worth it!*

