

Small Steps Matter by Chris Vasiliadis

I was inspired to write on this topic after a few recent events:

- my friend Pam recently emailed me to touch base with an "[imperfect hello](#)" -- thanks Pam!
- my friend and colleague, Lynn Robinson, recommended a book in her latest intuition newsletter called *One Small Step Can Change Your Life* (for Lynn's newsletter, visit [here](#).)
- I keep seeing and hearing about examples of people succeeding in the long term, starting with taking small steps.

With respect to wellness goals and starting or restarting new habits, I find, especially lately, many people postpone the actions because they can't do it all like they perfectly imagined. Or they get discouraged when they can't do it all right away. For example,

- I can't workout 30 minutes a day, or
- I can't eat the proper portion sizes every day at every meal, or
- I can't stop eating refined carbohydrates

Where is it written that we have to be all or nothing about our health? **What kind of impact could you make by doing what you can do now, vs. doing nothing?**

Start where you are. Carve out a moment of peace where you can decide what's most important to you, around your wellness. Ask yourself: **What small step can I take now, to move me in that direction?** Some possibilities:

- Make my appointment for my annual physical.
- The next time I eat a food that I want to reduce or eliminate from my diet, throw out the first bite before eating (throw out 1 additional bite each week).
- March in place for 1 minute per day (add 1 minute a week).
- Go to bed 1 minute earlier, or get up 1 minute earlier (move back 1 minute a week).
- Visit a resource like collagevideo.com to review exercise DVDs that I can use at home.
- Visit 1 local gym or Y in my area to get a tour (call ahead to make an appointment), or set an appointment with a personal trainer at my gym to setup a new routine for my wellness goals.

Begin with small steps, gain traction and build upon these steps as you're inspired. I would love to hear about the small steps you take this month: email me at chris@prioritywellness.com.

Chris Vasiliadis had a wake-up-call to her wellness in late 2005, when she was diagnosed with Multiple Sclerosis: a chronic disease of the central nervous system. That event initiated many lifestyle changes for Chris, ultimately leading to her improved health and new career as a Certified Wellness Coach. Through her business, Priority Wellness, she helps people regroup, recharge and take control of their wellness. With a special interest in helping sole proprietors and small business owners, clients come to Chris when they're tired, or tired of being tired. They know they're not eating right, exercising enough or consistently, and/or not managing stress well, and they've had enough of living that way. Working over the phone with Chris, they make their wellness a priority and create new habits to master their well-being. Chris can be contacted at 781-791-7642 or chris@prioritywellness.com.