Excuses Kill Dreams

http://www.homeschoolfitnesscoach.com/blog/excuses-kill-dreams/

Happy Martin Luther King, Jr. day everyone.Ã‚Â My husband is off today so we are enjoying a half day of school.Ã‚Â My oldest attended her school co-op and my 6th grader is only working on a science project today.Ã‚Â We are almost halfway through our school year already and I donÃ¢â‚¬â„¢t even know where it went.Ã‚Â Seems like each day passes faster and faster. ThatÃ¢â‚¬â„¢s the thing though when it comes to fitness, each day will pass whether you decide to make changes or not.Ã‚Â Why waste another day?Ã‚Â Is it not possible for you to focus on one new, healthy habit this week?Ã‚Â One change is doable.Ã‚Â This week is going to pass anyways.Ã‚Â How many days, weeks or years have you let pass while you continue to say, IÃ¢â‚¬â„¢ll start on Monday, tomorrow, or after the holidays?Ã‚Â DonÃ¢â‚¬â„¢t allow yourself to make excusesÃ‚Â anymore.Ã‚Â Can you make one of these changes this week? Drink one less coffee, tea or pop each day. Eliminate one processed food item from your grocery list. Learn one new, multi-joint exercise. Write down everything you eat each day. Drink 4 glasses of water each day. No one said change had to be done all at once.Ã‚Â Some people are able to do that without looking back, but I believe they are a small percentage. Pick one goal this week and stick to it.Ã‚Â Let me know what it is.Ã‚Â My goal this week is to only drink two cups of coffee each day.Ã‚Â I got a little out of hand with our -20 degree weather last week. Come on!Ã‚Â WeÃ¢â‚¬â„¢ll cheer each other on. Hugs~~ Coach Angela Post from: Homeschool Fitness Coach

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