

HOW TO ACHIEVE ANY GOAL

As you continue to work on your weight loss goals, it is important to know what skills you need that will have the most impact on your goals and having a clear plan of the daily practices that will allow you to master each skill. This amazing infographic below from Precision Nutrition provides 4 keystone skills that align with the resources provided in your Weight Loss Challenge Workbook. This week, take a moment to look at each of the 4 skills and decide which area you feel most motivated and confident to focus on and set your intention to work on the daily practices under that skill. Before you know it, your skill will become a habit! You got this!

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ACHIEVE YOUR GOALS BY BREAKING GOALS INTO SKILLS, AND SKILLS INTO PRACTICES.

