

The simple, sure way to healthier habits

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Set a health goal (and **SUCCEED!**)

Most efforts to change health behavior fail, because they're too vague, too ambition, or don't address obstacles that derail can them. Instead, try this. Set one small, simple, measurable goal and stick with it. That's the proven way to form a habit.

To learn more, click on the green button below to see my how-to video on healthy habits, then use this simple sheet to get started.



Watch the video

What is my goal? _____

How? _____

How often? _____

When? Where? _____

What might keep me from succeeding?

1. _____

2. _____

How will I address these obstacles?

1. _____

2. _____

How confident am I that I can succeed? _____