

## Pick Your Plan & Stick With It

### Week 4

Find your “WHY”. Is there a bigger reason you want to make changes? You may not have really taken the time to figure this out. For example, you might be having your first grand child and all of the sudden you realize you aren’t in good enough shape to physically keep up. This is a PERFECT WHY. The why will keep you plugged in when things aren’t going as planned. The why will help you get back on the horse when you stumble.

