



Gentle Goals for the New Year

Small, realistic habits that focus on nourishing your body and mind—not strict rules or perfection.

- **Add More Vegetables and Fruits:** Focus on including a variety of produce in meals and snacks rather than eliminating foods.
- **Stay Hydrated:** Aim to drink water or herbal teas regularly throughout the day to support digestion, energy, and overall health.
- **Practice Mindful Eating:** Slow down, notice flavors and textures, and pay attention to hunger and fullness cues.
- **Move Joyfully:** Engage in physical activities you enjoy, such as walking, dancing, or yoga, instead of forcing intense workouts.
- **Prioritize Sleep and Manage Stress:** Adequate rest and stress reduction improve energy, mood, and overall well-being.
- **Celebrate Small Wins:** Acknowledge and appreciate even minor positive changes, like trying a new healthy recipe or adding an extra serving of vegetables.
- **Track Your Habits:** Keeping a simple journal of nourishing habits helps you notice progress, stay motivated, and maintain consistency.