

Reset. Reclaim.
Reimagine a healthier, happier you.

YOU CAN START TODAY

A Beginner's Guide to Better Health

Lyn Grady

Introduction

Can we agree that the emphasis we place on the finish line can be a bit much at times? Don't get me wrong, finishing what you start is extremely important. You should absolutely finish this book, the project, the training, the workout, school, cleaning the kitchen (*as much as you may not feel like it*), the laundry or anything that has a pretty measurable, clear, and almost definite end. And anyone who crosses that finish line certainly deserves to be celebrated. Big time.

But what about the champions who show up at the starting line? The ones who've decided they want to experience a better way of living and say *yes* even though they have no idea where or even how to start. Is this you?

And how about the winners who are not new to this and have been at this crossroad before? You know that it not only takes courage to start, but it takes *radical* courage to show up at that same starting line where you have once been before. You may have experienced both victory and what felt like failure, yet here you

are again. Give yourself a high five! The difference this time is that you are showing up a lot wiser than you did previously. The lessons we learn from our experiences become the real breakfast of champions fortifying us for the next race.

How many of us have succeeded on the first time out of the starting gate without any setbacks? Not many, that's for sure. I can't count how many times in the past where I had joined a weight loss center or whatever gym I was going to (*or not going to*) only to have to rejoin for any number of reasons. Sometimes going so far as to go to a whole different location where nobody knew me just to avoid feeling embarrassed. At the end of the day, it really doesn't matter how any of us choose to get back on the path, as long as we do.

Weight loss centers and gyms are not the only places that we may avoid when we have fallen off track. Raise your hand if you ever delayed going to visit your medical doctor simply because you didn't want to step on the scale and get the "lecture" or because you didn't follow up with what you were told to do at the last visit? This type of avoidance can happen with our financial advisors, mental wellness providers, recovery groups,

careers, houses of worship, and even in our relationships.

To revisit an area in your life that you were once successful in, and are struggling with now, requires a shedding of shame, disappointment, doubt, fear, and, most importantly, caring about what others think. The only thing that truly matters is that you are willing to start again. This time you will approach it knowing that your success will require a bit more strategy, resilience, knowledge, confidence, support, and love of oneself to lace up and begin again.

As much as we would like to reach the wellness finish line, it does not exist in the same way as finishing college and getting a degree. Life, our bodies, food, situations, the environment, and people are not stagnant and never will be. Everything is constantly changing with its ebbs and flows; therefore, our wellness becomes more about the journey and how we adapt along the way, than the destination.

So how can we win at this? Our winning is in how we change our routine and habits based on what is going on in our life at that moment. We win whenever we take time to **reset** what we're doing that is no longer

working. We gain momentum when we make the decision to **reclaim** our time, our energy, our laughter, and our focus on what makes us feel joy daily. We step into the winner's circle each time we **reimagine** what we want our lives to look like.

Sometimes we can obsess about what it will take to get to the finish line so much so that we are too exhausted to even get to the starting line. Winning, at anything, takes a lot of effort and there are some seasons in life when one more thing to think about or do can have you running back in bed and pulling the covers over your head. If you have made your way to the starting line, or returned there yet again, you are already in the winner's circle.

Before diving in to all that this book has to offer, I want you to stop and take a minute, an hour, or even the rest of the day to give yourself credit for deciding to up your wellness game, for making yourself a priority, and for never giving up.

Life can be jam packed with all its busyness, magnificence, decisions, twists, turns, highs, and lows – oftentimes all happening at the same time. It takes intention, attention, and major audacity to get on, what I refer to as,

“the path to better”. Congratulations on taking the first step!

This book is for those just starting, or restarting, their journey towards wellness. If you have been on this road before, and life has taken you off the path, welcome home! “You Can Start Today” is your go-to guide where crawling before walking is encouraged. It is not about the race, but it is all about the pace. One step at a time.

Dear reader, it is never too late to begin or to begin again. It does not matter how many times you may have tried and fell short of your goal. And it definitely does not matter what age you are as you embark on this new and wonderful journey. Now is the perfect time to **reset, reclaim, and reimagine** what wellness looks like for you in this stage of your life.

Today, let’s meet at the starting line. It’s where all the winners are anyway.

*“You don’t have to be great to get started,
but you have to get started to be great.”*

Les Brown

Services

Your Be Well Bestie LLC provides coaching support to help women reach their wellness goals using the B.E.S.T.I.E. Approach™ in relation to the 8 pillars of wellness.

Sessions include:

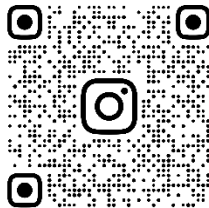
- Identifying desired focus area to bridge gaps
- Evaluation of current conditions
- Development of strategies
- Formulating training practices
- Integration of the old and new
- Encouragement tools

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