

## THRIVING TIMES; Your Health and Wellness Dispatch

January 2025, Setting intentions and goals



### Happy New Year!

The start of a new year is the perfect time to take a deep breath, reflect, and set intentions for the months ahead. This January, I invite you to focus on how to set realistic health and wellness goals, maybe create a vision board for your year, and stick to your New Year's resolutions long after January has passed.

### A Whole Person Approach to Wellness

I really believe in looking after the whole person which is why I'm thrilled to share that I've partnered with Simone, a local yoga practitioner and one of the amazing professionals I already feature on my [Reward Page](#). This is where I signpost local clients to complementary practitioners, aiming to look after the whole person and inspire you to try new things as you find your unique health and wellness solution.

Simone is already a valued reward partner, and now we're working together on a **Cleanse and Reset Guide** designed to do just what it says.

Keep an eye on your inbox — we'll be sending this out shortly!

Now thinking about the inevitable 2025 goals....

### Some Tips on Setting Realistic Health and Wellness Goals

When it comes to your health, aim for goals that are challenging but achievable. Here's how:

1. **Be Specific:** Instead of saying, "I want to eat healthier," try, "I will prepare at least three homemade meals per week."
2. **Break It Down:** Divide big goals into smaller, manageable steps. For example, if your aim is to improve sleep, start with creating a consistent bedtime.
3. **Celebrate Progress:** Reward yourself for milestones, no matter how small.

### Creating a Vision Board for the Year

A vision board is a fun and inspiring way to keep your goals front and centre.

- **Gather Supplies:** Grab some magazines, scissors, glue, and a board or large piece of paper.
- **Visualize:** Think about what you want to achieve in 2025—whether it's more energy, improved fitness, or better self-care habits.
- **Get Creative:** Cut out words, images, and colours that resonate with your intentions and arrange them in a way that feels meaningful.

- **Display It:** Put your vision board somewhere you'll see it daily, like your desk or bedroom.

### Tips for Sticking to New Year's Resolutions

1. **Start Small:** Begin with one or two resolutions rather than an overwhelming list.
2. **Track Your Progress:** Use a journal or app to monitor how you're doing.
3. **Accountability Helps:** Share your resolutions with a trusted friend or family member.
4. **Be Kind to Yourself:** If you slip up, don't let it derail you—get back on track and keep going!

### The Importance of Self-Reflection

Self-reflection helps you align your actions with your intentions. Take some time to ask yourself:

- What worked well for me last year?
- What challenges did I face, and how did I overcome them?
- How do I want to feel by the end of this year?

Journaling your answers can be a powerful way to understand what truly matters to you.



### Special Offer: Make Your New Year's Resolution Stick Beyond January

I'm excited to share a **free 20-minute video** with practical tips to help you make your New Year's resolutions last. Whether you're aiming for better energy, improved sleep, or healthier habits, this video is your guide to success.

👉 register for it here: [www.uniquewellth.coach/nyresolution](https://www.uniquewellth.coach/nyresolution)

Let's make 2025 the year of intentional, lasting change. Remember, small steps lead to big wins—and I'm here to support you every step of the way.

**Here's to a great 2025**

*Samantha*