

Wow! What just happened?!

A pandemic.

Though we are not “out of the woods” many of us are trying to find ways to return to normalcy, even when that means a new normal.

What did you learn about yourself over the past few months? Did you find yourself reevaluating what’s important to you; what really matters? Did you have some moments where a cough or body ache caused you to think maybe even you could have the virus? Did you find yourself more *or* less focused on your own wellness?

Thoughts that I heard from my clients were about the blessings they recognized. Here are a few:

- Took more walks and had a renewed appreciation for everything nature
- Had more time to reflect on my life and what really matters to me
- People appeared to act kinder - in the stores, driving, etc
- The singing around the country (balconies, etc.); the “come together” momentum
- People wearing face masks allowed me to *really* see into their eyes
- All the pop-up support on social media (i.e. Heart Hunters, famous people, etc)
- Fitness professionals bringing their work online to help others (even without charging)
- Making my wellness a priority

The list is exhaustive. What did you take time to appreciate?

One of the things we focused on in coaching (remotely, of course) is giving our thoughts equal air time. Some examples included:

I’m scared AND I’m safe

I’m sad AND I’m appreciative

I’m anxious AND I’m confident

The work of balancing our thoughts can serve us in all instances, not just during a crisis.

Be Well.

For a personalized approach to weight/life coaching contact:

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