

J U N E 2 0 1 1

Mid-Year Check-In!

What Can I Do?

Find A Helpful Resource.

If you find you need a little help to get back on track, try enlisting a friend or a family member for support. The way to be successful in achieving your goal or resolution is to have as much support, information and encouragement as you can get.

Adjust If Necessary.

If a goal is too rigid or inflexible it can often feel or become out of reach. However, if the situation allows for it, a person can always adjust the goal slightly, providing leeway for a safer base from which to adjust our goals with confidence!

Believe.

Self-belief is one of the key factors in being able to achieve your goal!

Progress Is Success.

Too many people get caught in the "Am I there yet?" trap. Try not to look at it that way. Attempt to see it from the viewpoint of "look how far I've come!"

Prioritize.

Know the most important details and the least important. What is most important to you at that moment? Don't overload yourself.

Be Patient.

Patience helps to create consistency in our lives, and is a key factor in overcoming day-to-day obstacles. This in turn helps us achieve our goals.



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to it yet...

It is the time of year when we should begin to reevaluate and reflect on the New Year's resolutions and goals that we set for ourselves six months ago. Although it is mid-year, we hope that you are still energized and on the path to completing your goals for 2011. If you have completed some of your goals, are still in the process, or have just not gotten around to them yet, here are some helpful tips that may help you with your goals and resolutions!

Have fun & stay safe this summer!

- Remember to wear sunscreen & avoid the sun's rays when they are the strongest (10 am-3 pm).
- Stay hydrated by drinking plenty of water!
- Try new activities with friends and family!
- Try to get at least 30 minutes of exercise each day.
- Enjoy the fresh fruits and veggies summer has to offer.



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