

# Moving Forward

February 2023 Newsletter

2/1/2023

[www.mariewellnessclinic.com](http://www.mariewellnessclinic.com)

## Action

If you started to make some changes in your routines and lifestyle at the beginning of the year, it is often around now that some of that initial motivation and willpower may be fading. When we are not seeing the results happen fast enough it is often tempting to just give up.

Perhaps you have had a few bad days and you are finding it difficult to get going again.

Patience is about staying positive while working hard towards something you desire and believe in.

There is nothing wrong with being at the base of a mountain you want to climb. Take the next step and don't let the fear of failure stop you from doing what you need to do. Keep your eye on your goal and keep going. Focus on small steps forward no

**This month the theme is all about moving forward. Sometimes staying in the same place may feel like the best thing to do. Staying in your comfort zone even if it is not good for you can feel safe. Change is difficult and challenging but it is also fun and rewarding.**

**No matter how much time you feel you might have wasted - you still have today. It is never too late to get started.**

**What we do everyday defines us. Our lives are made up of our recurring habits and choices.**

**Nelson Mandela advises us to, "make your choices reflect your hopes not your fears".**

**If you need help to get started call Marie on 050 1087592**

**[marie@mariewellnessclinic.com](mailto:marie@mariewellnessclinic.com)**



Don't dwell too long on what went wrong. Use your energy to take one small step in the direction you want to go. There is always a step small enough that we are able to take to get us back on our path. If we take that small step there will be another one, we can take and in time a goal we thought was impossible is reached.

matter how inconsequential they may seem. It is better to feel exhausted from trying than to be despondent and tired from doing absolutely nothing while remaining stuck in the same place. Get started now!

**"Don't Wait. The time will never be just right". Napoleon Hill**