



How Smart Are Your Goals?

Setting goals is a great way to make sure this year kicks off in a positive and healthy way. Try breaking larger goals into small action items:

DON'T say "I want to lose 15kgs."
DO say "I want to lose 3kgs a month."

DON'T say, "I want to go to the gym every day."
DO say, "I will do some kind of exercise 3 times a week."

DON'T say, "I'm giving up smoking right now."
DO say, "I will smoke fewer cigarettes today than yesterday."

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