

September New Year: On the Road to Success

Goals	
1	
2	
3	
4	
5	
I will feel great at year-end because:	
Smart Goals Are:	
Specific	
Measurable	
Attainable	
Relevant	
Time-Bound	
Say your goals out loud. Have an accountability partner.	

Healthy living starts now.

Celebrate each success.

bewellcg.com Live Well. Eat Well. Be Well.