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Dr. Michelle Zetoony, Do Sleep Solutions Inc
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Dr. Diohn Brancaleoni, Psychotherapy & Life Coaching
Kristi Bracewell, Totasola Wellness, LLC
Lynn Heckler, PSCU Credit Union
Katherine McKay, Psychologist
Debra Hansen, All Children’s John Hopkins
Bari Ruck, Moffitt Cancer Center

You will never change your life until you change something you do daily. The secret to your success is in your daily routine.

- John C. Maxwell
“Choices Count. You can make decisions today that will give you more energy tomorrow. The right choices over time improve greatly improve your odds of a long and healthy life. No matter how healthy you are today, you can take specific actions to have more energy and love longer. Small decisions—about how you eat, move, and sleep each day—count more than you think.” –Tom Rath

The following resources are provided to give you additional information for how making small changes can lead to big results in mind, body and spirit.

- Eat, Move Sleep: How Small Choices Lead To Big Changes- http://www.eatmovesleep.org
- The 3 R’s of Habit Change- http://jamesclear.com/three-steps-habit-change
- How Much Sleep Do you Really Need- http://sleepfoundation.org
- 7 Steps To A Better Sleep- http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379

In a article published by researcher and writer John Clear, he refers to the “3 R’s of Habit Change,” (previously noted in the book entitled “The Power of Habit” written by Charles Duhigggs) which once identified are key to starting a new habit and making it last. This 3-step framework is part of a habit formation process that can make it easier to maintain habits that will improve your health, your work and the overall quality of life. Clear writes that all habits, good or bad, follow the same 3-step pattern.

1- Reminder
The prompt that initiates behavior

2- Routine
The behavior or action itself

3- Reward
The benefit gained from doing the behavior

If the reward is positive then you will have a desire to repeat the action again. Eventually, this repetition will form a new habit.

“We are what we repeatedly do. Excellence then, is not an act, but a habit.” –Aristotle

Small Changes Ahead... Big Results Will Follow!