

# SB WELLNESS GROUP

Monthly Newsletter | January 2025

SBwellness



MONTHLY  
MOTIVATION TO A  
HEALTHY LIFESTYLE

Your Monthly Self-Care Work  
Setting C.L.E.A.R. Goals  
Getting Unstuck  
It's Time to Shake Up Your Life



# WELCOME TO OUR NEW YEAR ISSUE



Welcome to a fresh start! This New Year, let's prioritize health and wellness- mind, body, and spirit. Small steps, like mindful eating, staying active, and embracing SELF-CARE, can lead to big changes.

This month we are focusing on reflection, self-care and setting CLEAR goals. Let go of overambitious resolutions and dig a little deeper for long-term success.

Now is the time to get unstuck and **SHAKE UP YOUR LIFE!** We are excited about partnering with you this year on your wellness journey. Get plenty of tips and motivation in this January 2025 edition.

Here's to a year of healthier habits and happier days.

Cheers to a New Year and another chance to prioritize health, happiness, and harmony in our lives.





## Your Monthly SELF-CARE Work

Don't make resolutions your only focus this month. Do some soul searching work first. This will support you in setting C.L.E.A.R. goals in the future. **Make yourself your top priority by keeping self-care your focal point in 2025.**

*What are the top 3 areas that are calling for nourishment?*

Answer these questions about those top three:

1. How might you integrate more of that in your life?
2. What will having more attention on that do for you?
3. Are there any resources and support you need to be fully nourished in this area?

**Pick one and fill in:**

I feel \_\_\_\_\_ now that I am \_\_\_\_\_.

Self-care is not selfish; it's how we show up for ourselves so we can show up for others.



# Making Your 2025 Goals C.L.E.A.R.

## This year make your goals CLEAR (Collaborative, Limited, Emotional, Actionable, Refinable)

If sticking with intentions and goals in the past has been unsuccessful, consider setting C.L.E.A.R. goals before getting started. Improve your success and make your plan realistic for YOU. Make sure you keep a focus on each of the following when working on lifestyle and habit change:

**Collaborative:** Having a sense of community and support encourages you to stick to your commitments and stay on track. This unity of purpose often helps individual team members feel like their

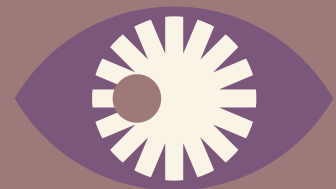
efforts are channeled towards a goal that is bigger than themselves.

**Limited:** A good goal should be specific and clearly defined. Outline every aspect of the plan such as the resources you will utilize, how long the goal will be worked on, and what roles each person you collaborate with will do.

**Emotional:** A CLEAR goal is a goal that helps the participating individuals establish a deep emotional connection to the objective they're working on. People who are emotionally connected to the things they do, tend to be more passionate and engaged in their efforts.

**Actionable:** For a goal to be truly specific, it must be broken down into simpler, actionable chunks. This will keep you from getting overwhelmed by long term goals and focused on the task at hand. By breaking down larger goals into smaller objectives, and those smaller objectives into targets, you can channel your focus into making progress.

**Refinable:** The only certain thing about the future is that it's uncertain. Make room for the possibility of change. Your goal must be flexible enough to accommodate the new conditions.





GET UNSTUCK

# SHAKE UP YOUR LIFE

**Feeling Stuck? Not Sure  
Where to Start? It's Time to  
SHAKE UP YOUR LIFE.**

Do you ever feel like you're running on autopilot? Maybe your career feels stagnant, your daily routine lacks excitement, or you're just not as fulfilled as you thought you'd be by now. The good news is that feeling stuck doesn't have to be permanent. Sometimes, **SHAKING UP YOUR LIFE** and rediscovering your spark is just a matter of taking a few intentional steps. Get more:

**[FULL ARTICLE.](#)**





"The greater danger for most of us lies not in setting our aim too high and falling short, but in setting our aim too low and achieving our mark." – Michelangelo

# SBwellness

Your Partner in Health!

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*"Write it on your heart that every day  
is the best day in the year."*

*- Ralph Waldo Emerson*

*Happy New Year from the SB  
Wellness Team*

