

where should I start?

Want to know where to start? Thoughtfully, work through the exercises on this page and the next to help pinpoint the right starting place for you.

Why do you want to make a change? This helps you pinpoint your motivation.

What worries you most about making a change? This helps you prepare for possible stumbling blocks.

What excites you most about making a change? This helps you keep your eyes on the prize.

What are you looking forward to doing or experiencing that you can't currently do because of your health?
