2022 The Year of YOU | AUG | Adventure



shape up your ROUTINE

Routine is important. People are creatures of habit; our routines create structure and promote physical and emotional health. In fact, the absence of routine can often leave us feeling stressed and unproductive.

However, in our quest for Adventure this August, we are encouraging you to break out of your daily routines. Why? Because change is a powerful tool for personal (and professional) growth and development.

Disrupting your routine can make you more productive.

Sometimes you only discover what works for you when you disrupt the routines that aren't working.

A fresh start can have a powerful psychological effect.

Making changes to your routine can create a sense of starting anew, or afresh. This in itself acts as a motivator leading to positive behavioural change.

There is a difference between functioning and optimal functioning.

You may feel like you are getting to everything, but without change you risk falling into a rut, losing perspective, and stifling your growth.

reality WELLNESS GROUP

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