

Potty Pointers

Expect Obstacles and Prepare for Relapses



Road blocks may arise on your journey toward improved health and increased wealth. Don't give up. Have a plan to overcome obstacles and relapses.

Here are a few strategies to try:

- **Balance and compensate.** Let's say you've given in to a high calorie dessert. Think of ways to balance and compensate in your overall diet. You could eat fewer calories the next few days or exercise more to burn the extra calories.
- **Get back on track.** If you have a flat tire, it doesn't mean you're not going to finish the trip. It's okay to stop and fix things along the way. An income loss may mean that you have to adjust your spending plan. A sports injury may mean that you have to take it easy for a few weeks.
- **Learn a lesson.** View every setback as a learning opportunity, not a sign of failure. Use what you've learned to develop a planned response for next time.



Learn more strategies for success with Small Steps to Health and Wealth.

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