

# Congratulations!

You did it! You completed this 21 Day Blood Sugar Challenge. Fantastic!

## **Write down your 1-year goals.**

It's fine to use software or an app to help you track this.

When setting goals, use technology or a paper process to help you break the goals into smaller pieces, and then to remind you of milestones and steps along the way. This makes achieving goals feel more manageable and emotionally "do-able".

## **Goals = dreams with a deadline**

Write down what you think or feel might get in the way of your goals.  
Write down what you will do to deal with it.

*Now here's the magic. The magic is **you!***

## **Look at your goals every day.**

Then consider your choices each day. Do your choices get you closer to the goal? If yes, keep going. If no, make the changes needed.

And if this is hard, that is fine.

## **Don't muscle through it alone, let our Facebook Community know.**

This is a welcoming group. We start where we are.

Let us support each other on our blood sugar related health and wellness journey.

## **We continue our journey as many times as needed.**

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Please share your goals in our private Facebook Group that goes along with this Challenge.

You might find you have goals in common with others. Or, you might find you are a source of inspiration to others.

We'd love to hear from you.

See you there!

And **thank you** so much for being in this 21 Day Blood Sugar Challenge!

You truly make a positive difference in this world when you make your health and wellness a priority.

Be good to yourself!

Dr. Beverly Yates ND

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