



# **TRUCKER** **SERVICE** **ASSOCIATION**

 **LIVE HEALTHY  
DRIVER HEALTH** 

## **"MAKING 2023 YOUR BEST YEAR YET"**

**January 2023**

**KUHLEFIT**  
RENEW YOUR VITALITY



# NEW YEAR - NEW YOU!

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## New Year Resolutions

are a recurring theme that will never die out. People are thrilled to sit down, write out their big future accomplishments for the next 12-months, all-the-while writing from a place of pure ecstasy that massages their egos. This bliss is typically short-lived as our daily routines and habits are incredibly tough to break and transform into resolution-affirming habits overnight. This month we'll dive into the pitfalls of New Year resolutions, ways to avoid them, and how to actually attain the goals you set forth.



## The Law of Facilitation:

When an impulse has passed once through a certain set of neurons to the exclusion of others, it will tend to take the same course on a future occasion, and each time it traverses this path the resistance in the path will be smaller.

(Dorlands Medical Dictionary 27th Ed. 1988 W.B. Saunders Co.)

# SETTING ACHIEVABLE GOALS

This is a fancy way of saying the first time you attempt to make change, it's TOUGH! But, the more you do it, the easier it becomes. Similar to children brushing their teeth, at first, many children hate doing it and it becomes a fight. As the parents continue to educate and lead by example, the kids slowly pick up on it and in no time they're doing it on their own. That being said, it comes with patience and consistency; two things that can be difficult in our fast paced society nowadays. It is necessary when writing goals to understand both patience and consistency will be the key in achieving your 2023 goals!



We'll start with writing out exactly what we want to achieve. Dream as big or as little as you want here.

My 2023 goal(s) is/are....

Write out all of them in as much detail as possible. A complete brain dump.

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# MAJOR - MINOR - BONUS

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Beautiful! From here, let's organize these goals into different categories with no more than 3 per category. Rank your top 3 highest goals under the MAJOR category. Your next 3 most important under the MINOR category. Finishing any other goals under the BONUS category.

Below is a template:

## Major Goals

- 1.
- 2.
- 3.

## Minor Goals

- 1.
- 2.
- 3.

## Bonus Goals

- 1.
- 2.
- 3.

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# STEPPING STONES

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As we dive specifically into the MAJOR goals, more than likely, these goals will take some time to complete. It's not a simple phone call, a tiny change, or a good night's rest. Our major goals usually take time, consistency, and dedication.

Now taking our MAJOR goals, let's scaffold our game plan even further to make it more achievable. What are 3 minor steps we can take to achieve each MAJOR goal?

For example:

**MAJOR goal: Lose 30 pounds.**

Stepping stones:

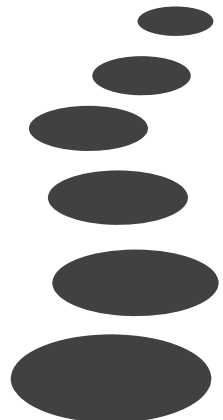
- 1.Reduce pop from 8 to 5, weekly.
- 2.Include 7,500 daily steps in my routine.
- 3.Cook 1-2 whole-food meals per day.

My 3 minor stepping stones to achieve my MAJOR goal are:

1.

2.

3.



# 1 DAY - 1 WEEK - 1 MONTH

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Beautiful! These steps would 100% put you on the right trajectory to lose the total 30 pounds. We want to break up major goals into smaller, more achievable goals because the biggest factor in people quitting and losing interest in their New Year's Resolutions is that the goals seem too big and daunting and it's overwhelming to make large changes, as we previously mentioned.

Now let's look at what we can start doing immediately.  
What can you do in **1 day? 1 week? 1 month?**

Perhaps on the **first day**, you'll only have 1 pop instead of 2.  
Perhaps in the **first week**, you'll go from 8 pops to 6  
Perhaps in the **first week**, you'll increase to 3,000 steps  
Perhaps in the **first month**, you'll make one healthy meal daily

What we are doing is taking this GINORMOUS goal and breaking it down into smaller bite-size pieces. Then, we're looking at those bite-sized pieces as things we can start immediately (**1 day**), quickly (**1 week**), and soon (**1 month**).

I will \_\_\_\_\_ on the first day!

I will \_\_\_\_\_ during the first week!

I will \_\_\_\_\_ during the first month!

Congrats. You're officially 100x more likely to achieve your goals now!



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