

TogetheriCan

27

February

ALL DECISIONS HAVE CONSEQUENCES

Every decision, whether made by choice in the moment or ignored and left to chance, has a consequence.

Make the choice right now to establish good routines and turn them into habits – develop a ritual for your day.

Use discipline to establish that ritual and after repeating it enough times and it will turn into a habit.

As a coach, I bring people's consciousness to a level of reality (seeing results).

I bring reality to the picture as often as possible.

I bring facts to the front that many people are typically denying or ignoring.

I try to shine light in dark areas.

I bring balance to people's lives.

I provide health alternatives for healthy lifestyles.

Together with developed WHY's, people can take charge of their own lives.

One of my why's:

Experiencing the satisfaction of seeing someone's life improved.

Michael McCright

Free Health Coaching – provided by the "Together i Can Group"

Togetherican.com

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