

Step 3 – How to Uplevel Your Wellness

First, get your master score from Step 2: Yoga Glow’s Master Assessment. Your score is a snapshot of where you are right now physically and emotionally. The higher the score the greater the imbalance. Try not to judge yourself or be defeated if your numbers are not where you want them to be. No one has a perfect score. Use this assessment to help you identify your strengths and weaknesses. If your score is over 50, consider my recommendations below to help you get back on track.

Here’s what your score means:

- **Score of 0 to 50** – You’re doing great. You feel great.
- **Score of 51-100** – You’re conscientious about your well-being. Keep going.
- **Score of 101 to 150** – You could use some help. Is there one area that needs improvement? Or do you need help fine-tuning several areas of wellness?
- **Score of 151 or over** – It’s time to recommit to your wellness. Let’s get you back on track.
- **Note:** If your score is 200+, please don’t dismay. I often see high numbers with the clients I work with. We can do this! I’d love to help.

7 Quick Tips to Fast-Track Your Wellness Journey

1. **Start with small, manageable steps and goals.** Write down your goals and some tactics for improvement.
2. **Review your goals each day.** Track your success.
3. **Identify your triggers and challenges.** Be clear-eyed about what’s holding you back.
4. **Schedule your wellness.** Time slips by and life can get in the way, so block out time on your calendar. Commit to your wellness – even if it’s only 15 minutes a day. Stick to your plan.
5. **Get support.** Find an accountability partner or join a community of like-minded peers. Studies show that people get much greater and quicker transformations when working with a group.
6. Know that discipline is over-rated. **Dips or hiccups are part of the program.** If you slip, try to quickly get back on track. It’s about progress, not perfection.
7. **Start now.** It’s so easy to put things off – until you’re in a better place, have less stress in your life, after vacation, the big work project, etc. Make a commitment to just start now.

Can I offer you support? Come to my free webinar on Weds, Sept. 13 at 7 pm EST (or RSVP for the recording) to get your personal wellness journey started. Or sign up for a 14-day free trial to my community -- for health coaching, yoga and meditation classes, healthy cooking and meal planning, resources, fun challenges, plus much more.

Go to <https://yogaglow.mn.co>

Go here for your free 2-week trial: <https://yogaglow.mn.co>