

## Look to the Future

Don't get caught up in guilt or regret because you haven't worked out or don't beat yourself up if it has been a while. Guilt and regret only make you feel badly, they don't get you where you are headed. With a simple decision in your mind, you can let go of what you did or didn't do and just start again. Look forward. If you are feeling badly about yourself, you are less likely to make positive change. Start over with a clear plan of what you will commit to doing each day for your health.

Use this space to renew your commitment to your well-being. Write down your pledge to yourself regarding exercise. Include ways for overcoming any obstacles you encountered that have prohibited you from keeping your original commitment.