

Neap

Everyone deserves a little couch-time.



Building Sustainable Healthy Habits

Chad McFadon & Lisa Merritt



Trilogy Coaching & Consulting



HEALTHY HABITS



RESOLUTIONS

A firm decision to
do or not to do something

GOALS

The object of a person's
ambition or effort

WILLPOWER



Loading...



Specific

Be clear about what you want to focus on.

Measurable

Have clear means of measuring success

Achievable

Set yourself up for success by choosing something that is a stretch, but still attainable

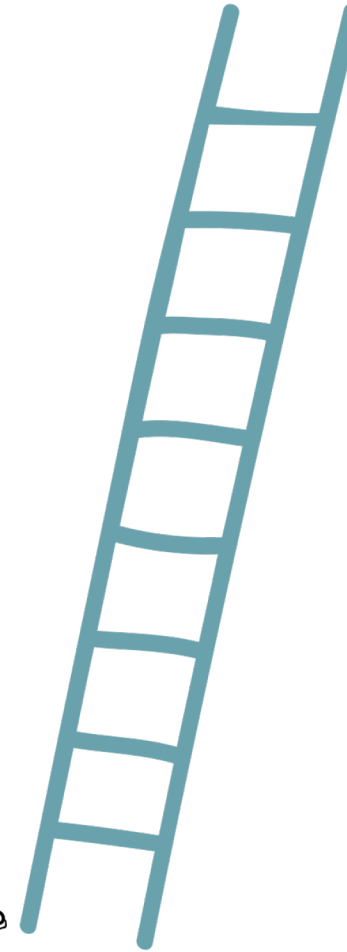
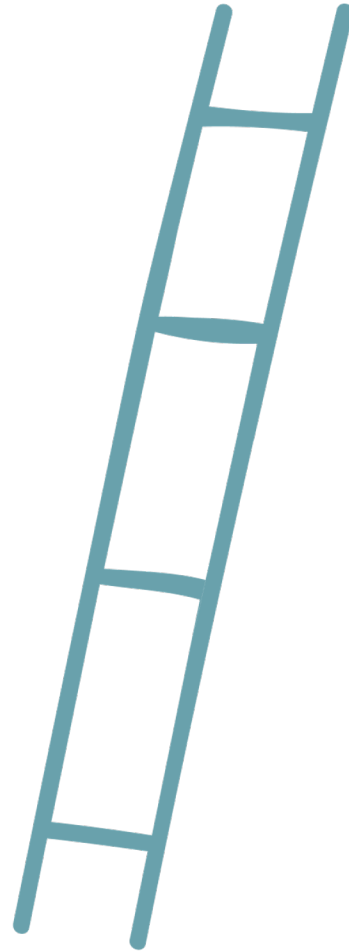
Relevant

Your goal should be something meaningful and one you are excited about pursuing.

Time Bound

Set a clear end date. Knowing there's an end in sight will help you focus and push yourself.

START SMALL



CONSISTENCY IS KING



Motivation Styles

Goal Oriented

Motivated by clearly defined success markers where you can demonstrate a high level of skill

Sense of achievement from completing the task at hand and receiving positive feedback.

Relationship Oriented

Motivated by social contact and collaboration

Sense of achievement from forming bonds, building consensus, and maintaining group harmony.

Learning oriented

Motivated by learning something new, mastering a new skill, or solving an interesting problem

Sense of achievement comes from the process of learning itself.

GIVE YOURSELF A BREAK

- It's not all or nothing
 - One slip up isn't your whole day (and one day isn't your whole program)
- Failure is just data
 - Analyze the data and adjust your plan



☐ **Online:**

- ☐ www.neelyeap.com company page
- ☐ Live CONNECT
- ☐ iConnect You App
- ☐ Use your company code from benefits flyer

☐ **24/7 Hotline: 866-212-6096**

Access Your NEAP Benefits



YOUR EMPLOYEE SUPPORT PROGRAM

*Part of the family—
support for your loving pet*

Pets add so much to our lives. For many of us, pets are an important part of the family. Your employee support program can help with a variety of useful tools for pet owners—as well as those considering pet ownership—such as location assistance for kennels, obedience training, and dog walkers. Some of our special features and informational resources include:

- Pet Finder Service
- Pet Sitter Locator Service
- Adoption and Selection
- Being an Advocate
- Caring for Pets
- Encouraging Good Behavior
- Nutrition
- Pet Transportation
- Safety



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

TOLL-FREE: 866-212-6096

WEBSITE: <https://neelyeap.helpwhereyouare.com>

COMPANY CODE:

