

Start Small, Stay Consistent



HOW TO BUILD HABITS THAT HEAL

INTRODUCTION

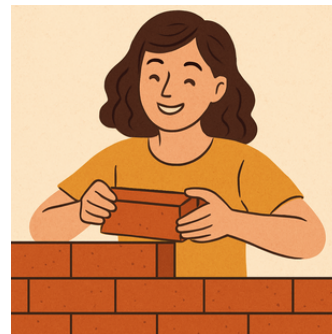
Ever look at someone who seems to have it all together—eating clean, exercising regularly, sleeping like a champ—and wonder, how the heck do they do it?

It's easy to assume they've got more willpower... better genes... or some secret shortcut.

But the truth?

They didn't get there overnight...**I definitely didn't get there overnight!**

I built my habits brick by brick—slowly, intentionally, and imperfectly. You just weren't watching while it happened.



Most people don't realize that lasting change happens on a **continuum**—not all at once. It's not about going from zero to 100. It's about choosing *one* small step, repeating it until it sticks, then layering on the next.

So if you've been feeling stuck, overwhelmed, or like you keep "starting over"... you're not broken. You're just missing a rhythm and a system that actually fits your life.

I'd like to share a few simple mindset and habit-shifting strategies I use with my clients (and inside my coaching community) that might help you start building sustainable wins...

STRATEGY #1: SHRINK THE TASK

Want to eat 6-9 servings of veggies a day but barely get 1 in now? Don't overhaul everything—**start by adding just 1 more serving.**



Ask yourself: *“On a scale from 1–10, how likely am I to follow through on this every day?”* If it's not a 9 or 10, **make it easier.** Shrink the task until it feels almost too simple to fail.

Why?

Because consistency builds momentum—and momentum builds change, slowly and step-by-step.

STRATEGY #2: THINK ON A CONTINUUM, NOT ALL-OR-NOTHING

Don't have time for your 30-minute workout?

→→ *Do 10 minutes.*



Ate the donut at the office?

→→ *Cool—your next meal is a reset.*



There's always a "**middle**" option between perfect and giving up completely. **That's where progress lives, in the no-blame zone.**

STRATEGY #3: DON'T BLAME—GET CURIOUS

Ate the ice cream for breakfast?

Snacked late again?

Instead of judging yourself, pause and ask, **“What happened here?”**



Chronic slips usually have a pattern. **When you identify the real “why” behind them, you can actually fix the issue**—not just force more willpower.

STRATEGY #4: LET YOURSELF BE A BEGINNER

This is crucial to your success!

You're not supposed to have this all figured out. **It's okay to be in progress.** This is about building skills—not expecting perfection on day one.



Say it with me: ***"I'm learning."*** That mindset will take you a whole lot further than ***"I'm failing."***

YOU *DO*N'T NEED ANOTHER STRICT PLAN.

You need a system and a circle.

That's exactly why I created **Gluten-Free Made Easy**—my new coaching community where we focus on realistic habit shifts that support healing, reduce inflammation, and ditch the overwhelm.

Every month, we focus on *one or two small changes at a time*. You'll get live support, guidance, food swaps, recipes, and encouragement—plus, we're all in this together.

If you're tired of feeling alone or confused about where to start, this is your space.

✨ Doors open Tuesday, July 22nd! Come check it out...
<https://community.highwindshealth.com/community>



Let's turn healthy living into something simple—and actually sustainable.

You're not doing this alone—I'm with you for the long haul.

Brenda ❤️

I'M HERE TO HELP

Meet Brenda

Investing in yourself can feel like a big leap, but I know firsthand how transformative it can be. I've been where you are—unsure and overwhelmed—but it was the right decision for me, and it can be for you too.

This community has the tools, support, and resources to help you achieve The Healing and Clarity You're Seeking.

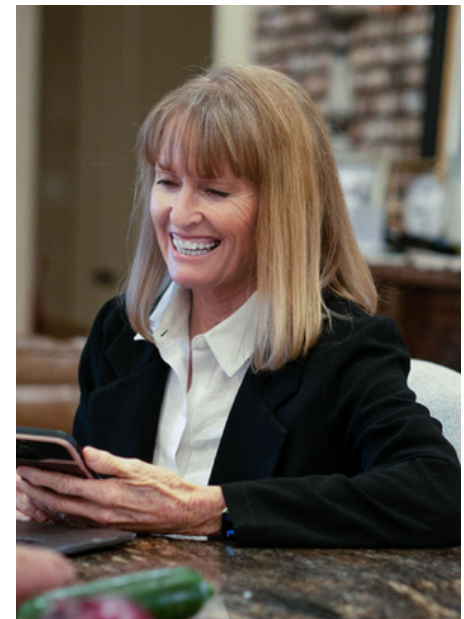
Join us, and together we'll take that next step toward your goals!



If you're ready to kickstart you or your family's journey towards a healthier, more vibrant lifestyle, I'm here to support you every step of the way.

Let's embark on this transformative journey together!

Connect with me on FB, IG or simply shoot me a text and we'll set up a FREE 15-minute consultation to get you started on the path to wellness.



This is what I do now, **I help people learn to eat real foods that will start to heal their chronic diseases and conditions.**

My program will show you how to continue to eat the foods you love, but in a much healthier manner with recipes, recommendations and personal consults.

Contact me via email or phone for more information.