

How to...

Start.

1. Download the Syddy Series PDF
2. Choose how many weeks you want to set (I'd recommend 8-12)
3. Give yourself a general goal you can come back to anytime within the coming weeks.
4. JUST START!

Fill it out.

Set SMART goals (Specific, Measurable, Attainable, Realistic, Timely)

Start small. Remember it's about small steps, not giant leaps! ✕ ✓

Physically " " or " " off when you complete a goal and don't beat yourself up if you don't hit it! Part of this is learning to be flexible and know that life happens!

Get Involved.

Do it with a friend!

Set a reminder to fill it out OR keep it somewhere you won't forget about it.

Take Before & After Photos (1 a week + same outfit and lighting, and don't forget about those angles!)

Share your progress on social using **#SYDDYSERIES** so I can follow along too!