How to Get Healthier with Strong Habits with Annie Gaudreault

with Annie Gaudreault · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Annie Gaudreault was the last kid picked in the schoolyard, then took up running because it fit a busy schedule and went on to finish 12 marathons and 3 Ironman triathlons.

- [ ] Put your workouts, runs and meal prep on your calendar like any other appointment.
- [ ] Treat time for yourself as importantly as a client call.
- [ ] Pick exercise that fits your gaps, like a quick 30-minute run out the door.
- [ ] Choose one simple CRM and record every follow-up and commitment in it.
- [ ] Export your contact list regularly as a backup.
- [ ] Work out whether you're a morning person or a night owl and schedule your hardest work for your best hours.
- [ ] Save low-focus chores like dishes for your low-energy hours.
- [ ] Take a break when your energy dips: get fresh air, stretch or move.
- [ ] Celebrate wins by talking through what you learned, not only by buying something.
- [ ] Look for science-based, reliable information before deciding what to change.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/build-healthy-habits-annie-gaudreault/
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