

THRIVING TIMES; Your Health and Wellness Dispatch

April 2026, Small shifts to lasting change



From Small Shifts to Lasting Change

Spring isn't just about new beginnings — it's about what you do *after* you've started.

Last month, I introduced the idea of the 1-degree shift. The small, simple changes that begin to move your health and wellbeing in a new direction — without overwhelm.

But this month, I want to focus on what really makes those changes work.

Because the truth is, starting is often the easy part. It's continuing — when life gets busy again — that's the real challenge.

You may have already taken a few small steps:

- Drinking a bit more water.
- Getting outside when you can.
- Paying more attention to your energy.

And then work picked up, your routine shifted, time felt tighter. Sound familiar?

That doesn't mean you've failed. It simply highlights something important: Small changes only create results when they become part of your *everyday life*.

Not something you do when you have time. But something that fits naturally into your day.

This is where many people get stuck. Not because they don't know what to do, but because the changes they try aren't built around their reality.

So instead of asking yourself, "What else should I be doing?" Try asking a different question:

"How can I make this easier to stick to?"

Often, the answer isn't doing more — it's doing things differently.

It might look like: Taking a short walk between meetings instead of waiting for the perfect time.

Drinking a glass of water before your first coffee, rather than trying to track it all day.
Or building in a short pause or reset at a natural break in your routine.

These aren't big changes. But they are intentional ones.

And when something feels easier and more natural, it's far more likely to last.

That's where momentum begins.

Because once a habit becomes part of your routine, it requires less effort. It starts to happen automatically. And over time, those small actions begin to influence other areas of your health.

More energy can lead to better decisions.
Better decisions can support improved sleep.
And better sleep can help reduce stress.

Not through dramatic change — but through consistency.

So, for April, keep your focus simple.

Choose one shift you started last month, and give your attention to making it stick.

Not perfectly. Just consistently.

Ask yourself:
When will I do this?
What will remind me?
How can I make it easier?

If you find yourself struggling to keep that momentum going, you're not alone. This is exactly where having the right support can make a real difference.

Health coaching isn't about adding more to your plate. It's about helping you create a way of living that works for you — sustainably.

If you'd like support with that, you're welcome to book a [complimentary WELLth check](#) call. We can look at where you are now, what's getting in the way, and how to create your next 1-degree shift in a way that fits your life.

Because lasting change doesn't come from doing everything at once.

It comes from doing the right things — consistently.

Not sure what your next step should be?

Let's figure it out together. Book a [complimentary WELLth check](#) call and we'll map out a simple, realistic plan that works for you.

You're not alone

Samantha