

Getting Back on Track

Supports: Block — Getting Back on Track

Why It Matters

Everyone slips. A tough week, a vacation, an illness, or just life pulling you off course — it happens to all of us, and it is a normal part of any lasting change. What separates people who succeed long-term is not that they never slip; it is how quickly and kindly they get back on track. A slip is information, not failure, and the next choice is always yours.

What to Know

Shift how you see a slip

One off-plan meal, day, or week does not erase your progress — just like one healthy meal does not create it. The habits you return to are what shape your health. Guilt and “starting over Monday” keep you stuck; getting back to your next choice moves you forward.

Your get-back-on-track moves

- Make the very next choice a supportive one — the next meal, the next walk.
- Get curious, not critical: what pulled you off, and what would help next time?
- Return to one simple anchor habit you can always do.
- Reach out — a coach or a supportive person makes the reset easier.

The two-minute rule: You do not need a grand plan to restart — just one small action in the next few minutes. Momentum comes from the next step, not the perfect one.

Try This

Plan your comeback move.

? What usually pulls you off track, and what is an early warning sign?

? What is one small anchor habit you could always return to?