

# RESILIENCY

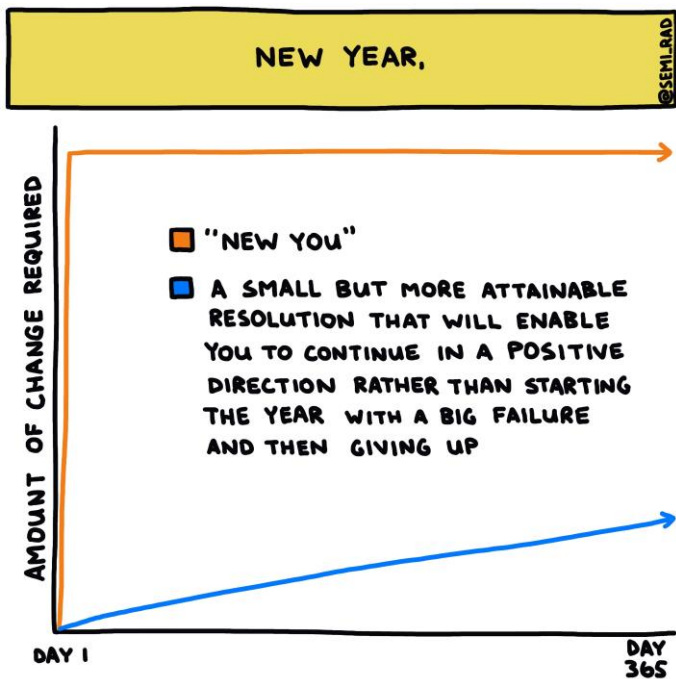
## Resiliency During Crisis: Small Goals for Big Gains



“If I cannot do great things, I can do small things in a great way.”

-Martin Luther King Jr.

Set one ridiculously easy to achieve goal for the week.



Many times, we set goals for ourselves that are too ambitious. Try and fail. Give up. Instead, consider an incremental approach with a focus on consistent small wins. Keeping your goals small makes room for success and improves your chances of sustainable habit change.

E.g. – I will eat healthy moving forward. Instead, I will eat a healthy breakfast this week.

Need more help? EAP – (314) 747-7490 24-hour, virtual hotline available  
Visit the BJC COVID-19 site for additional Wellness Resources – [covid19.bjc.org](https://covid19.bjc.org)