

## FROM HERE TO THERE

I've got four kids and they all play soccer. They all have practice twice a week and then also a game on the weekend. This requires a frightening amount of logistics. I often wonder as I sit in the car and contemplate heading out to the next event at some obscure elementary school what I would do without the mapping function of my phone.

It may be hard to coordinate who needs to go where, when and who will take them but at least when it is actually time to go I know that the actual directions will be fairly easy. I know where I want to end up and how to get there.

So it is with so many things in life. We are always either figuratively or literally trying to get from here to there. To make it work we have to know where we are and then where we want to go. In the middle is the plan (thankfully handled by Google maps when it comes to soccer fields).

I realize that the “journey” metaphor is common and probably overused. But that's probably only because it is so apt in so many circumstances.

Health is no exception. It's good to know where we are, where we want to go and how we propose to get there.

So start where you are — think about your current state of wellness. Ask some questions. It's important here to couch these in terms of your own goals. Don't ask, “Am I getting enough sleep,” instead ask, “Do I feel refreshed in the morning?” Wellness goals and assessments should be made based on how you feel individually and what you want to accomplish —not on some esoteric rules handed down by the ever-present “they.” As in, “They say you should get 7 hours of sleep nightly.”

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Next look at where you want to go. Where do you see yourself in 5, 10, maybe even 20 years? What do you want to be doing? Who are you going to be doing it with?

Now the hard part: Figuring out how to get from here to there. As a physician I have found that I'm really good at the what and the why of all of this but the how continues to derail me. Right? It's easy to tell someone that they need to lose weight and to enumerate a list of benefits for doing so. The hard part is actually figuring out how to do it.

My best advice here — and it's nothing new or profound — is to take it small step by small step. Creep along. Make some small changes and do them 90% of the time, day after day. Sooner than you think, you'll have arrived.