

**# Describe a goal that you achieved, which was set by yourself.**

**# What it was?**

**# When did you set it?**

**# How did you achieve it?**

**# Explain how it influenced your life?**

1. I am too fond of making year's resolutions but usually i fail to achieve them.
2. Due to lack of physical activity in past few years as i was busy with study/ work i gained extra weight and became obese.
3. My friends started calling me couch potato which made me embarrassed same times.
4. One Day i got too frustrated from comments and decided to reduce weight. My dad suggested morning walk and playing badminton in the evening.
5. I started getting up early morning at 4:30 it was too difficult to get up so early initially but after around 15-20 days, it became my habit.
6. At first i could walk only few miles but as days passed i got passionate and kept increasing the distance.
7. With the help of an app which records number of steps taken or walked i was motivated to walk more each day.
8. With the dedication i managed to loose 7kg in 45 days.
9. Along with walk i also followed proper diet and said no to junk food.
10. In not more than three months, I regained my actual weight. I was glad to hear lovely compliments thereafter.

**Regards,**

Flourishing Careers

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