**Title: I GOT THIS!**

**Description: Don’t let situations outside of your control keep you from your goals.**

Do any of these situations sound familiar to you? Which one of these actions can you take to keep yourself on target, no matter what life throws your way? Today's challenge is to identify one action and plan how you'll achieve it. If you need to take snacks with you to work or on a road trip, plan what you want, and add those healthy snacks to your grocery list. Or maybe you've got unsupportive people in your life. Think of someone who you can turn to for support. Schedule a time to go for a walk or meet for coffee and talk about how you're progressing on your goal.

Write in your Lume journal how you'll achieve one of these actions. [NEEDS LINK TO LUME JOURNAL]