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Fuel Your Health With Strengths: Because willpower fades

We all have that moment – the “this time I’m really going to get healthy” pep talk. But what if the secret to better health isn’t about willpower at all?

What if it’s about knowing yourself and using your CliftonStrengths to work with your natural patterns instead of against them?

Your strengths shape how you think, plan, and act. When you align your health goals with those innate talents, healthy habits stop feeling like a chore and start feeling like you.

Make It **Real** with **Discipline**

You thrive on order and predictability – so use that to your advantage.

- set up a workout schedule you can check off
- prep meals in advance
- make your morning routine sacred

Just remember to leave room for real life – flexibility doesn’t cancel structure; it strengthens it.

Make It **Smart** with **Intellection**

You love time to think and reflect.

- explore why health matters to you and what success looks like
- journal after workouts or during morning coffee

Let your insights guide your next steps – just make sure reflection doesn’t become hesitation. The best idea is the one you act on.

Make It **Loud** with **Communication**

You motivate through words and stories.

- talk about your progress
- post about your journey
- join a wellness challenge where you can share ideas.

When you articulate what you’re doing and why it matters, you keep your energy (and accountability) high.

Make It **Meaningful** with **Relator**

You’re driven by genuine connection.

- Pair up with a friend for workouts, meal planning, or check-ins.

When your health goals include people you care about, your commitment runs deeper – as connection is the ultimate motivator.

Make It **Happen**

Health isn’t one-size-fits-all. It’s not about forcing someone else’s method. It’s about discovering what fits your unique wiring.

When you build your habits around your CliftonStrengths, you stop battling your natural instincts and start leveraging them. That’s how change sticks and how “getting healthy” turns into “living better.”

