

## Wishrouters Do Whether you're new to Wishroute, are curious about how things work around here, or are

Top 5 Things the Most Successful

you from Team Wishroute!

by Kait Taylor December 3, 2021

looking for ways to bring more accountability into your wellness routine, these tips are for



"Respond on days when you know you'll earn a point

AND on days when you know you won't."

student & personal trainer with a contagious smile

The days when you aren't able to follow through on your intention are days when you can have the biggest breakthroughs. Take them as opportunities to learn and grow, not put yourself down. That being said, we know unlearning self-deprecation is hard, and aren't here to judge if you're having a crummy day and

aren't feeling like a ray of sunshine. We're all human just trying our best.

"Something is always better than nothing! Don't be shy about sharing everything, like when you got a great arm workout in because you had a hardcore vacuuming sesh!"

Committing to a full-length workout, an afternoon of meal prep, or a full kitchen

├── Claire | Guide | Team Wishroute 3 months | Educator and avid camper

tweaks throughout your day that bring you closer to your goals. Both are valid and important!

"Don't be afraid to try something new. You might

discover a new favorite vegetable, that meditation

We've all heard "you won't know unless you try" at least 200 times before.

CAN fit into your life, or a workout style you fall in love

cleanout is freakin' awesome, but so is learning how to make small choices and

find the mix of experimentation and consistency that works for you. That could mean introducing 1 new workout video a week or grabbing a different variety of lettuce at the store next time, to listening to a new mediation every morning or starting a brand new meal plan. And if it doesn't work it's not a failure -- finding what doesn't work can be just as important as finding what does!

Sometimes the pressure to always be doing something new can feel daunting, so

support is on your terms."

\*\*Kait | Engagement & Programming | Team Wishroute 2.5 years | Heavy lifter and Spartan Racer

Want your morning messages at 10am every day, evening check-ins later, or want messages on Mondays, Wednesdays and Fridays? We gotchu, just ask!

Depending on what you're focusing on, you may have a game plan each week to

messaging preferences and weekly check-ins -- our

"Take advantage of your ability to change your

control your check-ins, so take advantage of that. If you don't (or haven't unlocked it yet (a) you can always text us if you'd like to take a few days off to unplug, are on vacation and just want simple nudges to stay on track, or tweaked your back and need to take a week off from exercise. This is your journey!

"Focus is on the whole you. Mind, body, AND spirit. Set

time for you to do something that not only you might

enjoy, but is good for your soul!"

Melissa | Guide | Team Wishroute 3 months | Educator, youth coach, and vegan baking pro

Warm up for your workout dancing to 80's pop. Get yourself fun napkins for your

for them. Cook your mom's famous cookies for your birthday. Write down that

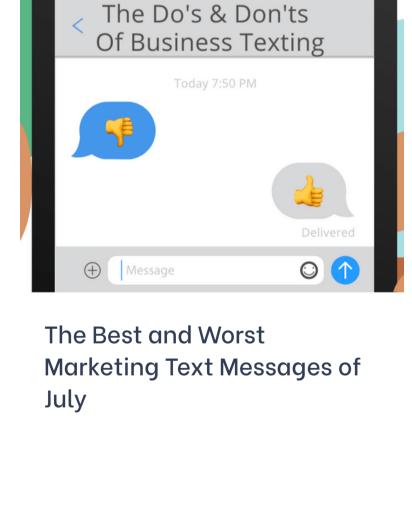
dinner table. Call a friend while you're out on your walk just to say you're grateful

cheesy quote that made you feel good.

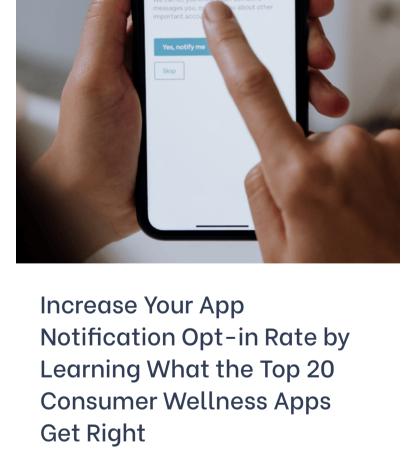
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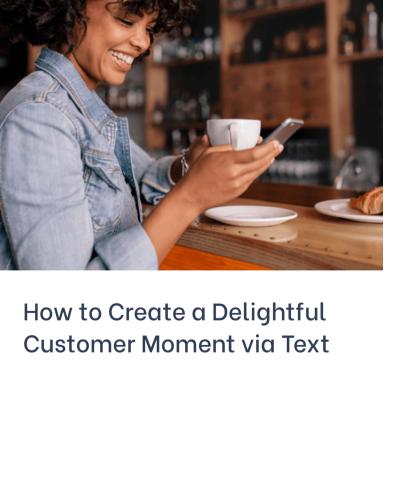
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