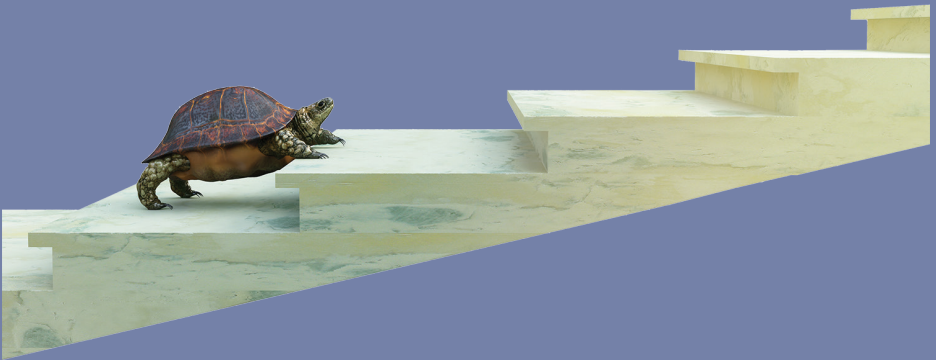




Health Warriors

Small Steps, Big Wins: Why Self-Care Isn't Optional—And How Tiny Actions Can Change Everything



Part of the Health Warriors Tribe
Pillars of Health series

healthwarriors.me

When you think of self-care, what comes to mind?

A bubble bath? A weekend getaway? A massage?

While those things may sound lovely, the truth is: real self-care isn't fancy. It's not expensive. And it doesn't require a cleared schedule or a special occasion.

Real self-care can be as simple as this:

- ◆ Drinking a glass of water first thing in the morning.
- ◆ Going to bed 15 minutes earlier.
- ◆ Stretching your arms above your head when you've been sitting too long.
- ◆ Taking a breath instead of doom-scrolling.
- ◆ Reaching out to a friend and saying, "I'm struggling today."

These might seem like small things, but they matter more than you think.



Why Small Steps Matter More Than Big Ones

When you're on a health journey, especially as a plus-sized woman in a world that often expects instant transformation, it's easy to believe that bigger is better.

You might think:

- ★ If I can't go to the gym for an hour, it's not worth it.
- ★ If I mess up one meal, the day is ruined.
- ★ If I'm not doing it perfectly, I'm failing.

But that's not true.

Small actions, repeated consistently, are what create real change. They help you build:

- ◆ Self-trust
- ◆ Confidence
- ◆ Momentum

Every time you take a small step toward caring for yourself, you're proving something powerful:

- ★ I matter.
- ★ I'm worth showing up for.
- ★ I've taken a tiny step forward.



**Small steps
= big
results**

The Psychology of Tiny Victories

Our brains love wins. Even the tiniest ones.

When you complete a small action—like making your bed, choosing a piece of fruit, or walking to the corner and back—your brain registers it as a success. You get a tiny hit of dopamine, the “feel-good” chemical, and it reinforces the behavior.

So, you do it again. And again.

And one day, you look back and realize: you’ve built something amazing—not from huge, dramatic changes, but from consistent, compassionate effort.

Self-Care Is a Muscle You Can Build

Like strength training, the more you practice caring for yourself, the easier it becomes. You start by doing the little things:

- ◆ Saying no to something that drains you
- ◆ Journaling your thoughts before bed
- ◆ Eating a nourishing meal



Eventually, these become habits. And those habits build a foundation for bigger changes.

You don't wait until you're "better" to start self-care. You start caring for yourself now, in whatever way you can—and that's what helps you become better.

Celebrate Small Wins—They're Not Small at All

Here's your permission slip: you don't need a massive milestone to celebrate.

- ◆ Brushed your teeth this morning even though you felt low?
- ◆ Said something kind to yourself today?
- ◆ Took five minutes to breathe and stretch?

These are victories. And they're worth noticing. Because the more you celebrate your progress, the more progress you'll make.



Let's Do This Together

In the Health Warriors Tribe, we believe in cheering each other on—not for being perfect, but for showing up.

That's why we're launching our Small Steps, Big Wins Challenge—a gentle, supportive way to practice daily self-care and remind yourself just how capable you are.

You don't have to do everything. You don't have to do it all at once.

Just do something.

One small act. One step forward. One moment of care.

That's when the magic begins.



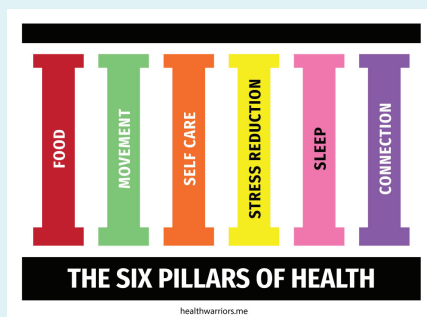


This Self Care guide is part of the Health Warriors Tribe Pillars of Health series.

The Health Warriors Tribe is a support group for obese women who have, or have had, a BMI of 30 or above. Overeating is often a lifetime struggle. Just because someone may achieve their goal or goal weight doesn't mean they don't still need the support of other women who understand their unique issues.

Members of The Tribe receive tailored information and motivation for people who struggle with health issues because of their weight. Here, you'll find a blog filled with personal experiences that you can relate to, and practical, valuable, dietary and momentum building related information that you can put to use right away. You'll have access to our favorite resources. And you'll find an ever-growing collection of downloadable reference materials that can help you move toward better health.

To learn more and join The Tribe, visit healthwarriors.me/join, or reach out at hello@healthwarriors.me



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