

A close-up portrait of a woman with long, thick black braids. She is smiling broadly, showing her teeth. She is wearing a bright yellow short-sleeved shirt. The background is slightly out of focus, showing a doorway and some hanging decorations.

Happy New Year!

FROM DR SHELIA

Dr. Shelia



01 Before You Set Goals for This Year, Pause Here

As another year comes to a close, many people feel pressure to “get it together” in January.

Eat better.
Work out harder.
Sleep more.
Fix everything.

But sustainable health doesn't come from doing more. It comes from choosing what actually deserves your energy.

This short guide isn't about resolutions or willpower. It's about helping you reflect on how you want to feel in your body next year and what kind of support makes sense for where you are right now.

Whether you're thinking about hormonal health, energy and metabolism, muscular strength and joint health, nutrition and inflammation, or simply feeling more like yourself again this is a place to start without pressure.

A Helpful Reframe

Health isn't about fixing a broken body.

It's about responding to a body that's changing.

Midlife for both women and men is often the moment when the body starts asking for strategy instead of strain, and awareness instead of endurance.

02

A Simple Check-In With Your Body

Take a moment and notice which of the following feel true for you right now. There are no right or wrong answers.

- ☐ My energy isn't where I want it to be
- ☐ I recover more slowly than I used to
- ☐ Sleep feels inconsistent or unrefreshing
- ☐ My body composition has changed despite similar habits
- ☐ Stress feels heavier on my body than it once did
- ☐ I'm doing "healthy things" but not seeing results
- ☐ Hormonal shifts feel unpredictable (this applies to both men and women)
- ☐ Old injuries, stiffness, or aches linger longer
- ☐ Nutrition feels confusing or hard to sustain
- ☐ "I know something needs to change I'm just not sure what."

What Your Answers May Be Telling You

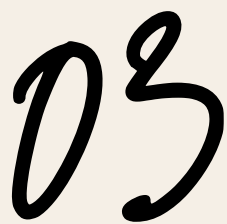
1-3 checked: Your body may be asking for structure and direction.

4-6 checked: Your body may be asking for guidance and recalibration.

7 or more checked: Your body may be asking for deeper support and insight.

This isn't about labels or diagnoses. It's about recognizing what level of care actually matches where you are.





Reset or Lifestyle? A Helpful Distinction

Some people feel drawn to the idea of a reset. Others resonate more with building a lifestyle. Neither is better.

A **reset** is short term and focused. It helps interrupt patterns that aren't working and creates clarity.

A **lifestyle** is long term and flexible. It's how health is lived not forced.

Most people don't need one or the other. They need the right starting point.

Path 1: A Focused Reset or a Strong Foundation

This path may fit if you want clarity, structure, and momentum.

Some people think of this as a reset. Others see it as laying the foundation for a healthier lifestyle. Both are valid.

Path 2: Recovery as a Lifestyle Shift

This path may fit if your body feels depleted, inflamed, or overextended.

The focus is restoration and rebuilding in a sustainable way.

Path 3: Insight Guided Lifestyle Strategy

This path may fit if symptoms feel layered or confusing and you want a long term plan guided by insight rather than guesswork.

There is no right place to start only the place that matches where your body is now.



Just keep moving forward

Health isn't about doing
everything at once.

It's about choosing one
next step that matches
where your body is right
now.

Awareness is the beginning.

Support makes it
sustainable.

SmallChangeswithDrShelia.com
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06



Your Next Step Doesn't Have to Be Big, It Just Has to Be Aligned

If this guide helped you see your health differently, let that awareness settle.

Some people start with a short reset.

Others begin by rebuilding lifestyle foundations.

And some need deeper insight and personalized guidance.

There is no wrong place to start only the place that makes sense for you.

When you're ready, support is available to help you move forward with clarity and confidence.

Dr. Shelia T. Payton

*If you're unsure which level of support fits you best,
start with a conversation.*

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