



# Self-Directed Modules

Scan the QR codes or click on the links below to view a Self-directed interactive module of each session.

## Ideas into Action. Small Steps, Big Success!

Having difficulty reaching your health goals? Take this self-directed module to learn the process of creating realistic and achievable goals to live your healthiest life.



## Keeping it Going with your Health Goals

It's normal to face obstacles when trying to stay on track with your health goals. This session is designed to help you keep going and stick to your goals. Complete this module after you have completed **Ideas into Action**.



## Time Management & Well-being

Learning how to better manage your time can help you accomplish your goals. This self-directed module introduces time management skills that you can use in your life.



Questions? Email us at:  
[healthyns@nshealth.ca](mailto:healthyns@nshealth.ca)