

LIFESTYLE

Worksheet #1: Current Trends & Habits

1. **Make a list of your current lifestyle trends and habits, even if they're currently very infrequent or non-existent in the following categories:**

1. **Hobbies**
2. **Interests**
3. **Eating Habits**
4. **Fitness Habits**
5. **Work Habits**
6. **Cleanliness**
7. **Pets (or not)**
8. **Travel Habits**
9. **Desire to Travel**
10. **Preference to stay at home or go out**

2. **Now, make a list of things you want to change, improve or add. Continue until you're complete. Don't concern yourself with the logistics of getting them done; these are only ideas of what you'd like to see change.**

1. **Hobbies**
2. **Interests**
3. **Eating Habits**
4. **Fitness Habits**
5. **Work Habits**
6. **Cleanliness**
7. **Pets (or not)**
8. **Travel Habits**
9. **Desire to Travel**
10. **Preference to stay at home or go out**

Now, go to Lifestyle Worksheet #2