

LIFESTYLE

Worksheet #2: Organizing & Categorizing your Lifestyle

1. Take the complete list of your current lifestyle trends and habits from worksheet #1 and place them into one of the following categories:

- 1. Elements I am proud of and are non-negotiable**

- 2. Elements I like and enjoy, but am open to changing**

- 3. Elements I feel I'm stuck with**

- 4. Elements I dislike and want to change**

- 5. Elements I want to add or see my life reflect**

2. Reflect on this list and separate elements that don't need any work immediately. Lump together categories 1 and 2, as they are essential parts of who you are that you enjoy and they make you interesting. You should be left with things you feel you're stuck with, things you dislike and want to change or things you want to add to your lifestyle. Take a moment to reflect on whether you're truly stuck with these items or if they're really things that you don't like. If you do think you're truly stuck with them, set these aside. You are now left with things you want to change and things you want to add. List these elements below.

Take these answers and move onto Lifestyle Worksheet #3.