

LIFESTYLE

Worksheet #3: Action Steps

1. Take the top **two** items from Lifestyle worksheet #2, in Category 4: “Elements I dislike and want to change” and write **why** you want to change each item. The point is to identify what *motivates* you. Next, set timelines for making changes you’d like to integrate. *How* these will happen will unfold as we progress you through the materials.

1.

I’m motivated to change this because:

I’m committed to making these changes by (date):

2.

I’m motivated to change this because:

I’m committed to making these changes by (date):

2. Take **one** item from Lifestyle worksheet #2, in Category 5: “Elements I want to add or see my life reflect” and write what you can start **now** to begin in that direction. Remember that these are baby steps toward your larger goal and that you will feel a sense of confidence and accomplishment as you make strides toward this objective.

What I can start **now**

Make a commitment to review and update your list **once a month**. Put a reminder in your calendar RIGHT NOW. Consider using the calendar section on this site to keep you on track. Congratulate and celebrate yourself each day for continuing your plan.