Making Positive Lifestyle Changes

The module addressed these areas that support positive lifestyles:

- Managing time
- Thinking positively
- Healthy boundaries
- Eating healthy food
- Exercising
- Relaxing
- Experiencing humor and laughter
- Spending time with people who are important in your life

1. From the list, choose one area that you would like to focus on.

   *I would like to change my behavior in the area of:______________________________.*

2. Think back to a time in your life when you believe you were practicing behaviors that supported this area of your life. Jot down answers to the following questions:

   - What were you doing to practice this/these behaviors?

   - How did you feel when you were practicing this/these behaviors?

   - What were your thoughts as you were practicing this/these behaviors?
- What made it possible for you to practice this/these behaviors?

- What made this a good experience?

- What are three things you need to do to bring this/these behaviors into your life now?