

## Worksheet 4.2

Turn in this worksheet at the end of the activity.

Unique ID Number \_\_\_\_\_

### 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?

