

GETTING STARTED

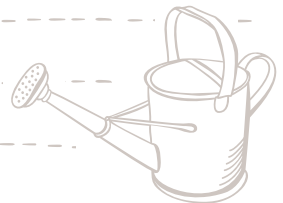
You probably spend a lot of time thinking about other people. Take a few minutes to think about yourself and what is important to you.

Who is most important to me?

What matters most to me?

What gives me real happiness?

Where do I want to be and what do I want to be doing in 5 years? 10 years? 20 years?



Am I living a balanced life? Which areas are in need of time and focus? _ _ _ _ _

If I could change one thing in my life right now, what would it be? _ _ _ _ _

Questions I have for my health care provider: _ _ _ _ _



MY STEPPING STONES

Remember the four areas we mentioned earlier—healthy eating, being active, reducing stress, and connecting with others? Here is a chance to think about each of these and how they fit into your life. Making big changes or thinking about changes in all four areas may feel overwhelming. Instead, focus on small steps that feel possible to you.

- 1. Eat Healthy!** Easy to say...but it really is true that we can all make small changes to eat better. Think about your own eating habits.

What is going well? _____

Is there anything you wish you knew more about? _____

Are there any small steps you'd like to take to change your eating habits? _____

Other ideas? _____

- 2. Be Active!** When we think about being active, we usually think about exercise, but being active also includes lots of other things—shopping, standing, walking the dog, playing with grandkids, yoga, hiking, biking, doing chores, gardening, getting together with friends, playing games, cooking, having hobbies, etc.

What do you do now to be active? _____

What do you enjoy? _____

What is going well? _____

Are there any small steps you'd like to consider taking? _____

Other ideas? _____



3. **Stress Less!** Stress can be positive or negative...or somewhere in between. Think about your own stress level and what you do to take care of yourself right now. Even just a few minutes a day of doing something that you enjoy or that helps you relax can improve your health.

What do you do to take care of yourself on a regular basis to reduce or prevent stress?

If you had 10 free minutes a day, what would you do to relax? -----

Are there any small steps you're willing to try to reduce your stress? -----

Other ideas? -----

4. **Make Connections!** Being connected to others is important for your health. This could mean connections to friends, family, pets or your community. Take a minute to think about the connections that are important to you.

Who do you enjoy spending time with? (family, friends, groups, pets, etc.)

What are things that you like to do that connect you to other people or to things that are important to you? (in person, Facebook, phone, etc.) -----

Is there anything new you would like to try or learn about? (activities, web resources, recipes, etc.) -----

Other ideas? -----

"One of the secrets of life
is to make stepping stones
out of stumbling blocks."

~Jack Penn

MY NOTES

Handwriting practice lines consisting of 20 sets of three horizontal dashed lines for tracing and writing.

