



My Road to Better Health

Discover

Take time to discover meaning and purpose in your life.

Take time to think about your life.

What gives you joy and helps you feel good? What is important to you? What do you value? Write your answers here. Use space on back if needed.

How much of your time do you spend on activities that bring you joy and support your values? Does that happen daily? Weekly? Monthly?

Also take some time to think about whether you spend time on activities that are not important to you — that don't support your values or your purpose in life. Examples may be unplanned time watching TV or surfing the Internet. **Which activities are keeping you from doing more of what you'd like to do?**

When you know how you spend your time, and you choose activities that make you feel good in body, mind and spirit, you are more likely to be happier overall. If needed, try to make changes in your daily activities to help you be happier.

Take time to discover new ways to be happy.

- What activities would you like to explore? Be curious! Try new things. *Discovering meaning and purpose is about exploring your interests. Enjoy the adventure!*

- If there are any areas of your life that you're not happy with, write them below. Also write down your ideas about changes you could make that would help you focus on your values and purpose in life.



Take **S M A R T** steps for better health

Specific	What am I going to do?
Measurable	How will I track my progress?
Achievable	What steps will I take to make this happen?
Relevant	Is this important enough to me to want to do it?
Time-framed	When will I do this?

What is the first step you are willing to take in the next few days?

Rate your confidence

How much do you believe you can do this? Circle your answer here.

Not at all confident							Extremely confident			
0	1	2	3	4	5	6	7	8	9	10

If you rate your confidence below a 7, consider changing your plan.