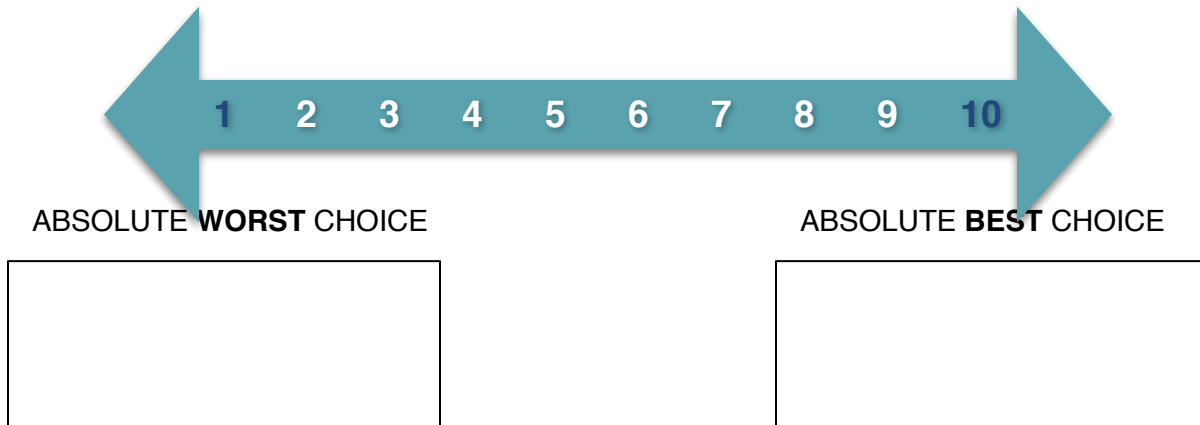




Consider the following continuum and how it relates to your current situation/decision.



For the sake of this exercise, *consider the last meal you remember eating.*

Example: let's say you had a turkey sandwich with lettuce, tomato, and mayo, a bag of chips and a diet coke.

Considering that meal, what would you say is:

The absolute WORST choice? Write it in the box above. **Example: Fast food cheese burger, extra large fries, large pop**

The absolute BEST choice? Write it in the box above. **Example: Salad with turkey on top, dressing on the side, an apple, and an iced tea with lemon**

Now, think about the choice you made for the last meal you remember eating.

Where would you rank it on the continuum? Circle the corresponding number below.

Example: The turkey sandwich with lettuce, tomato, and mayo, a bag of chips and a diet coke might be a 5 on this continuum, based on the examples above. This meal could be quite a bit worse but it could also be quite a bit better.

My last meal ranks at a:

1 2 3 4 5 6 7 8 9 10

What would be a slightly better choice? Try to jump up one or two numbers on the continuum. Shoot for improvement not perfection. Write down the possibilities here:

Take Action: For the next few days, practice making your meals "a little bit better". Move them from a 1 to a 2, a 5 to a 6, a 7 to an 8. Make your new number the "norm". Then, start the process over and improve again.