

How would your life change if you choose to either continue on your same path of behavior, or if you chose to commit to making positive changes in your behavior and lifestyle? Just imagine how much things can change, for better or worse, or stay the same, if you maintain status-quo, or commit to changing behaviors in your life. Think of the gains and potential losses you might experience with making lifestyle changes.

Goal or Habits I'd like to change _____

My career, school, or professional life will be affected...

If I continue on the path I'm on...

If I make the desired changes...

My relationships with my family and other loved ones will be affected...

If I continue on the path I'm on...

If I make the desired changes...

My health will be affected...

If I continue on the path I'm on...

If I make the desired changes...

My long-term goals will be affected...

If I continue on the path I'm on...

If I make the desired changes...

My finances will be affected...

If I continue on the path I'm on...

If I make the desired changes...
