



Balancing A Happier and Healthier Life Worksheet

So often we think we are ready for change. Maybe it's the end of the day and even before you grab that sweet treat. You are thinking to yourself TOMORROW I will eat healthy. And you mean it. But you wake up the next morning without a plan. Before you know it, you're sitting on the couch again thinking to yourself before you grab that sweet treat TOMORROW..... you get my point. We need a plan and we need to invest in that plan. If you don't, then you don't believe its possible. So, let's get busy. This worksheet will help you recognize that with a few simple changes in your life that change is possible.

List 3 positive things that will change in your life if you to make a change that you have been dreaming of?

1.

2.

3.

List 3 negative things and how it will affect your life if you don't make a change?

1.

2.

3.

List the Top 5 things that you need to do daily/weekly to live a healthier happier life and make sure these are achievable right away. Maybe you are already doing some of them. If you have already implemented them in your life, write them down and continue doing them. (I need to drink more water)

1.

2.

3.

4.

5.

List the Top 5 things that you need to get rid of or stop doing. The things that are keeping you away from living a healthier and happier life. (I will stop buying sugaring foods and replace them with carrots and cucumbers.)

1.

2.

3.

4.

5.

The following 3 changes are going to be the things that start my healthier happier lifestyle and I will be consistent with. (Walking at lunch, prep lunch) This are you starting point. Make sure they are achievable pick the 3 easiest things from the above list.

1.

2.

3.

When is day 1 of my new plan? Don't push this date out more than 2 days, you will start losing your inspiration. It may not be the perfect time to start but, it never is.

DATE:

What do I need to get started? (Get the sweets out of my house, buy healthy foods, schedule walk breaks during the day)

Plan a review date and put it in your schedule. Look back at your plan make adjustment after 5 days. This might be a good time to add another item on the list. The more often you review your plan the more you will be motivated to continue.

DATE:

TIME:

EatFitLife is here to help. We offer everything you need to live a happy, healthy life. We walk with our clients and they are never alone. Please reach out if you want to join the EFL family. beth@eatfitlifewellness.com or click the link below to join.