

## Step 5 – Reinventing My Life

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Identify your current lifestyle factors are too risky to continue and what healthy lifestyle factors you might develop.*

A. List what **lifestyle changes** you will make to *avoid* or better *manage* your high-risk situations.

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B. List what **healthy lifestyle factors** you are willing to begin doing. Then list goals and actions steps for each of these healthy lifestyle factors.

Healthy Lifestyle Factor: \_\_\_\_\_

Goal: \_\_\_\_\_

Action Steps: \_\_\_\_\_

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Healthy Lifestyle Factor: \_\_\_\_\_

Goal: \_\_\_\_\_

Action Steps: \_\_\_\_\_

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