

## WHY PAY ATTENTION TO MY PHYSICAL HEALTH? – EXERCISE:

If you're like me, you've probably made and broken dozens of promises to yourself over the years when it comes to taking care of your health. So why is this time any different? Well, after completing the work in the previous chapters, I think you are better prepared to set goals and follow through with them. Don't you?

Take a few minutes and write down three goals you have for better physical health. The goal could be about exercising, losing weight, eating better, quitting smoking, or whatever matters to you.

1.

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2.

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3.

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Now, pick one small step you can take *today* to put each of these goals in motion in your life.

1.

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2.

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3.

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## **WHY PAY ATTENTION TO MY PHYSICAL HEALTH? – FOLLOW-UP EXERCISE:**

Pick the most important of the three goals from the previous page. Can you make a promise to yourself to set up a program to follow through on that goal? You know how; just follow the steps from the Follow-up Exercise in the chapter *What Do I Want Out of Life?* Once you are on the way to reaching this goal, then set a plan to achieve the next one.

Start with small time commitments if you have to. By the end of three weeks, you will have established a new, healthy habit.