

STUCK IN A RUT?

TOP 8 STRATEGIES FOR GETTING MORE OUT OF YOUR LIFE

*Half empty
or
Half full?*



Answering the following questions will help you along the path to implementing the 8 strategies into your life.

1. What am I passionate about? If I could have any career, what would it be? What gets me really excited?

2. What things could I eliminate from my life? What things do I own and what activities do I take part in that are getting in the way of me being able to focus on the things that are most important?

3. What are the negative things that I say to myself each day? What are positive things I could use in their place?

4. Do I tend to be pessimistic? How would my life improve if I had a more positive outlook?

5. What am I grateful for? What could I be grateful for?

6. What are some ways I could take time for myself? How could I work it into my schedule?

7. What are my primary goals? What goal could I set that would make the greatest positive impact on my life?

8. What are some simple, but meaningful, changes that I could make to my current diet and exercise program?
