



Being Well Lifestyles

The Out's and In's Exercise

Ask yourself the following questions to help yourself identify the barriers you might struggle with as you begin your new health program. Your answers here can then be used to formulate your Being Well Lifestyles Action Planner that will allow you experience all the health and happiness you're designed to enjoy.

1) To be successful in building my new health habit, what do I need to cut **OUT** of my life?

2) What are the things I know I need to **STOP** doing in order to improve my health?

3) To be successful in building this new health habit, what do I need bring **IN** to my life?

4) What are the things I know I need to **START** doing in order to improve my health?
