



## Re Balance Your Lifestyle

You can use this tool at anytime to take a good honest look at areas of your life and see if everything is working for you.

Are there any surprises to you in reading the lists? Is one side of the list longer?

If the 'not so good things' outweigh the 'good things', it might be time to think about making some changes?

If you think it may be time to make some changes a good idea is to ask yourself the questions below, if not this tool can be used at any time to monitor any areas of your life and is quick and simple to do.

Have you tried to change your situation before?

What were the positives that came about due to that change?

How motivated are you?

### **Motivation = Importance + Confidence**

#### **Importance - How much do you want to change?**

#### **Confidence - How confident are you about changing?**

**Motivation** is a desire to achieve a goal, combined with the confidence and energy to work towards that goal. Motivation is an internal process that makes a person move towards their individual goals. After having an open, honest look at your current overall health is there anything you would like to change?

Ask yourself what does the change look like to you? Do you want to change your eating habits? Do you want to do some more exercise? Do you want to include relaxation in your life?

Change can be as little or as extensive as you choose. You may wish to focus on one or all the areas you have looked at.

Make a plan, brain storm ideas. Ask for help and support from friends and family.

You can contact a Counsellor or other professional to help you through this process.