Making Lasting Changes

Three Reasons to Celebrate

Think about the positive changes you have made and list your top three benefits here.
1
2
3
Three Things I've Learned About Myself What strengths and weaknesses have you seen in yourself as you've tried change your lifestyle? Getting to know yourself better will help you mak lasting changes.
1
2
3
Keys to My Success What has helped you to be successful? What activities have you found enjoyable and what strategies have worked well?
1
2
3

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