

## 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 to change your lifestyle? Getting to know yourself better will help you make 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. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_