

WORKSHEET: MAKING LIFESTYLE CHANGES

Most of us know there are things we could do to be healthier or happier, but making lifestyle adjustments can feel overwhelming. Lasting change means dedicating yourself to new habits and routines.

The questions below can help you think through the first steps as you work toward having more good days.

1. Identify the habit you want to change

What habit or part of your lifestyle do you want to change?

What specific change do you want to make? You might want to make a common change, such as eating healthier foods, exercising a certain number of days per week, setting a sleep schedule, finding a daily activity for stress management, or something else entirely. This is your journey!

2. Understand the impact

What are the negative effects of your current habit? Are they preventing you from living the life you want?

If you made changes starting now, how would your life get better?

3. Reflect on past success

Think back to other lifestyle shifts or habit changes you've made. What worked before to help you make and keep those changes?

4. Take the first step

What is *one* specific action you can take to start making the changes you mentioned in section one? Think of something you can do within a defined period (a day, a week, a month, etc.).

5. Hold yourself accountable

Who or what can help you stay accountable to yourself? This could be a friend or partner working toward similar goals, an app or wearable device to track your progress, a handwritten checklist, or something else that works for you.

6. Plan for how you'll keep going

How can you break up your overall goal into smaller milestones?

How will you celebrate and reward yourself for reaching each of these milestones? For instance, you might treat yourself to a latte or a new book after you stick to your new sleep/wake routine for a week. Get creative!

If having good days feels hard, know that help is available and that you are not alone. Check on your mental health with a free, quick, anonymous test at mhascreening.org.

Get more DIY mental health tools at
screening.mhanational.org/diy-tools