

LIFE-AFFIRMING PRACTICES

Small constructive actions done on a daily or routine basis can quickly give you a sense of accomplishment and forward momentum. These regular practices form the foundation upon which major change takes place. You can take a look at your Wheel of Life score to get ideas for practices that would support you in moving forward and/or being more balanced. What action, if taken on regular basis, would make a difference for you in one of the areas of the wheel? These practices can be related to your personal or professional life (e.g., process all incoming mail daily, exercise 4 times per week for one hour.) These practices can also be reducing or eliminating something (i.e., cutting back on drinking coffee or watching TV). Like goals, practices should be specific and measurable as to frequency and time(s).

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