

## Lifestyle Tool

The Lifestyle Tool helps you assess your current lifestyle habits and identify areas for improvement to support your well-being. Reflect on each entry and rate on a scale of 1-10 how much time you spend **now** versus how much time you'd like to spend in the **future**. To learn more, join a SMART meeting.

Example: Eat **less** junk food: Now: 9 | Future: 1

Example: **More** time with family: Now: 2 | Future: 8

Things I like to do **less** of

Now

Future

Things I would like to do **more** of

Now

Future

How I can achieve this...

How I can achieve this...