

# SELF-HELP TIPS TO REJUVENATE YOUR LIFE

WORK SHEET





**Eleanor Roosevelt  
once said,**

**“ Life is What You Make It ... ”**

- What is your life made of?
- Is it much of the same over and over again?
- Or is it full of things which bring you joy, interest, and an element of surprise now and then?

# Complete this worksheet to get closer to that rejuvenated life you crave!

**1** You Control Your Thoughts. List 3 positive statements you can say to yourself to stay excited about your life.


**2** Take Hold of the Current Moment. Identify 3 things you can do to live in the moment.


**3** Find Sources of Personal Happiness. List some hobbies you'd like to do or those you love to do but haven't done in a while.




➤ Now, jot down 3 physical activities that you enjoy doing.


**4** Focus on Maintaining Good Health. What changes can you make to eat healthier? Be specific.


➤ Do you have a daily exercise regimen? \_\_\_\_\_ Write it down. If not, write what you're willing to do to get regular exercise?


➤ Do you need to lose any weight or would you like to lose weight?

➤ If so, how much?

➤ Set 3 goals now to start losing the weight and write those goals here.

1
2
3

➤ When was the last time you went for a medical check-up?  
\_\_\_\_\_ If it's been over one year, consider calling to make an appointment now. If you strive to live a life filled with enrichment and joy, it's imperative that you take care of your health.

**5** Discover the Work That's Meant for You. How do you feel about your current job?


➤ If you'd prefer to be doing something else as your paid job, what would it be?


➤ What are 3 steps you can take to lead you into doing this type of work during your hours off from your regular job?


**6** Foster and Protect Your Love Relationship. How do you feel about your part in fostering and protecting your love relationship?


➤ What is your main communication style with your partner? Tactful and honest? Avoidant? Annoyed? Calm and caring?


➤ Are you willing to take some steps to enhance your love relationship? Write out 3 things you'll do to deepen your connection.

1
2
3

# 7 Make Decisions Mindfully. What is the typical process you follow to make a decision?


## Strengths


## Weaknesses


The next time you have a decision to make, consider doing a pros and cons list for each possible choice. If you're currently in the middle of a decision, start using a pros and cons list for the first choice on your list.

➤ **Follow this format for your other choices as well.**

Pros: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

Cons: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_



**8** Establish Friendships That Sustain You. Name one of your best friends.

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➤ When was the last time you contacted them by phone, text, or e-mail?

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➤ When was the most recent time you spent time with them in person?

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➤ What kinds of things do you do to show how much you value the friendship?

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➤ What else can you do to ensure you maintain this deep connection?

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**9** Love Yourself First. What are your strengths and weaknesses? List them here. Name 3 things you can start doing today to show you truly care for yourself.


You hold the tools to design the life you dream about. Put this information to work to jazz it up



# My Notes

