LIFESTYLE PACK



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DAY 31		
DAY 32		
DAY 33		
DAY 34		
DAY 35		
DAY 36		
DAY 37		

DATE STARTED: _______

PHASE 2 CUIDELINES

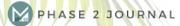
Follow these lifestyle guidelines as best you can and keep track of how you're feeling each day to see what practices are working best for you.

- 1. TRY REGULARLY EXPRESSING GRATITUDE FOR THE LITTLE THINGS IN YOUR LIFE THAT ARE GOOD.
- Try daily journaling to get started on this practice.
- 2. PRACTICE SPEAKING POSITIVE THINGS ABOUT YOURSELF & YOUR CONDITION THAT ARE ACTUALLY TRUE OR THAT YOU WANT TO BE TRUE.
- Try self-affirmations. These statements are not contingent on "what ifs" or circumstances, and are immediately gratifying. An example of this would be saying " I feel so much better" (even if you don't yet).
- 3. MAKE YOUR "HAPPY LIST" AND TRY TO DO AT LEAST ONE THING FROM IT EVERY SINGLE DAY. MAKE IT A PRIORITY.
- Once you make your list place it on your fridge or office computer where you can easily see it. Practice doing at least one thing from it every day.

TIP

EASY STEPS YOU CAN TRY:

LIFESTYLE PACK



DAY 38	
DAY 39	
DAY 40	
DAY 41	
DAY 42	
DAY 43	
DAY 44	

DATE STARTED: _______

PHASE 2 CUIDELINES

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EASY STEPS YOU CAN TRY:

LIFESTYLE PACK



DATE STARTED: _______

PHASE 2 CUIDELINES

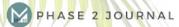
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EASY STEPS YOU CAN TRY:

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LIFESTYLE PACK

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DAY 59

DAY 60

DATE STARTED:	
DATE COMPLETED:	

PHASE 2 GUIDELINES

Follow these lifestyle guidelines as best you can and keep track of how you're feeling each day to see what practices are working best for you.

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