



# DYNAMIC LIFESTYLE WORKSHEET

Think about your life in 10 years:

What do you want to feel like?

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What do you want your emotional state to be like?

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What are you able to do that you feel like you can't do now?

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What is different?

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What is the same?

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What is a mindset you have now that will need to change?

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Where can you add margin to make healthier lifestyle choices?

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