



Designer**Life**Styles

Please take a few moments to consciously think about and answer the question below as it pertains to you and your desires/needs/wants.

The five ways I would like to grow in the next year is as follows:

1. _____

2. _____

3. _____

4. _____

5. _____

Take each of these 5 questions and complete the following sentences. For example: ***“I could become more physically active by going to the gym 5 times per week.”*** Be sure to use positive, action-oriented, detailed sentences. Try not to use broad statements such as, ***“I could become more loving to my wife by treating her better.”*** Instead, you might re-word this statement by stating, ***“I could become more loving to my wife by taking her out on a date 2 nights a week.”***

1. I could become more _____
by _____
2. I could become more _____
by _____

3. I could become more _____

by _____

4. I could become more _____

by _____

5. I could become more _____

by _____