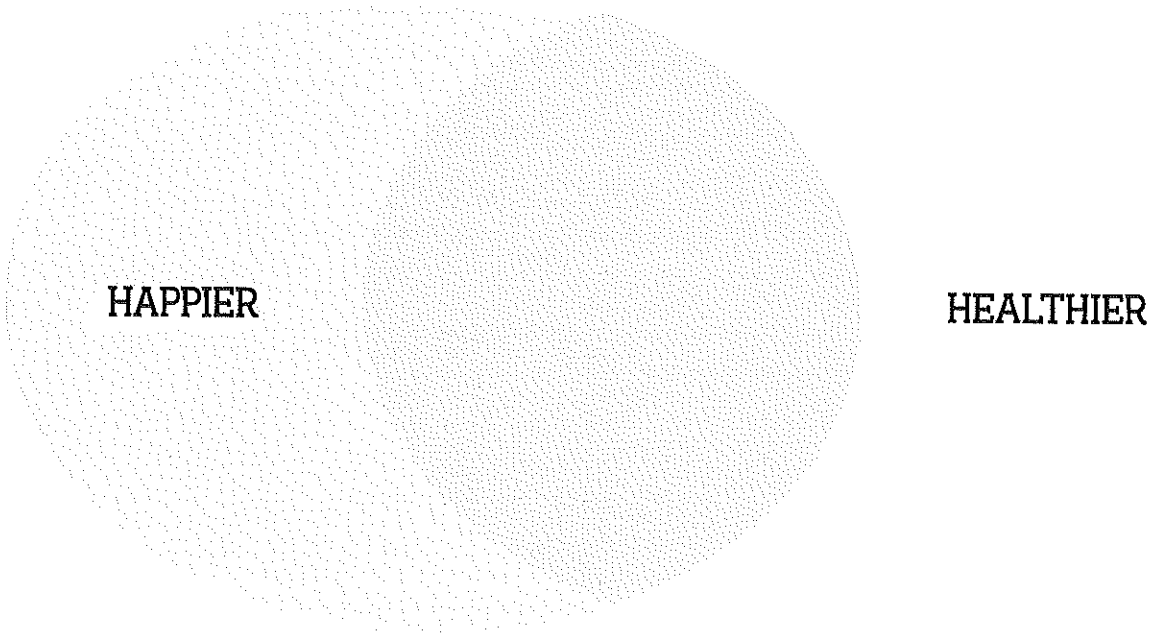


# Making Positive Changes

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In the two circles, list changes you can make in your daily life to increase feelings of happiness and to lead a healthier life. List any changes that might apply to both happiness and health in the overlapping portion of the circles.



List the Top Three Changes You Would Like to Make

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_