

WORKSHEET

**RULES FOR SELF-IMPROVEMENT**

In each category below, please write one or two "rules" (behaviors you wish you would do consistently and the consequences of those behaviors) that would enhance your life. Try to use the following form when constructing your "rules for effective living": State the desired action, the setting in which the action is most likely to be effective and the consequence(s) of the action). I have included an example in each category. Bring this worksheet with you on your next visit to the doctor. Good Luck!

**DIET:** Eat low fat foods to maintain my weight.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

**EXERCISE:** Do 15 mins of vigorous exercise each day to sleep better.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

**PERSONAL HYGIENE:** Floss my teeth daily to avoid gum disease.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

**HEALTH CARE:** Have a physical once a year to detect serious illness.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

**SAFETY:** Wear a seat belt to avoid harm in an auto accident.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

**CAREER DEVELOPMENT:** Ask the boss for a raise to advance at work.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

**TIME MANAGEMENT:** Use a daily list of things to do in order to help accomplish tasks.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

**RECREATION:** Plan a short trip for fun every six months to have a "break" in your routine.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

**SOCIAL INTERACTION OUTSIDE IMMEDIATE FAMILY:** Gather with friends once each month.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

**FINANCIAL:** Pay my bills once each two weeks to avoid getting behind.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

**SPIRITUAL:** Attend church regularly.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

**HOUSEHOLD:** Do one house maintenance task every two weeks to avoid a build up.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

**INTELLECTUAL:** Read a self-help book 10 minutes per day to keep fresh ideas about yourself.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_