

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). Bring this worksheet with you on your next visit to the doctor. Good Luck!

DIET:

1. _____

2. _____

EXERCISE:

1. _____

2. _____

PERSONAL HYGIENE:

1. _____

2. _____

HEALTH CARE:

1. _____

2. _____

SAFETY:

1. _____

2. _____

CAREER DEVELOPMENT:

1. _____

2. _____

TIME MANAGEMENT:

1. _____

2. _____

RECREATION:

1. _____

2. _____

SOCIAL INTERACTION OUTSIDE IMMEDIATE FAMILY:

1. _____

2. _____

FINANCIAL:

1. _____

2. _____

SPIRITUAL:

1. _____

2. _____

MARITAL:

1. _____

2. _____

HOUSEHOLD:

1. _____

2. _____

INTELLECTUAL:

1. _____

2. _____

PERSONAL DEVELOPMENT:

1. _____

2. _____

FAMILY:

1. _____

2. _____