



**VISION OF A HEALTHY LIFESTYLE
(GOAL SETTING)**

Today, I am developing my vision of a healthy professional lifestyle. My lifestyle will carry me successfully through school and into my professional life. It's important that I maintain balance, honor all of my values, and succeed, even when I'm stressed out. To that end, I establish the following goals for the next 2 months.

Studying

Sleeping

Exercising / Eating

Relationships (Friends, family, romantic, etc)

Fun & energizing activities

Other activities...