



PLANNING AHEAD

Balanced Life Components	OK or Not	If Not, Action Needed	Time Target	Evaluation
Physical:				
Regular Exercise				
3 Well Balanced Meals Daily				
Regular Check-ups				
Adequate Rest				
Mental:				
Job (Volunteer Or Paid.)				
Recreation				
Reliable Income				
Emotional:				
Express Feelings Appropriately				
Family Support				
Friends				
Relaxation				
Spiritual				
Life Meaning				
Positive Attitude				
Belief in Higher Power				
Goals				