



Learn with a Partner

1. Remember Goals

Describe *why* it's important for you to *Be Your Best*
 "Enjoy family celebration"
 "Be more peaceful and loving"
 "Look better"

2. Check your Signs

Describe the most important "signs" you'll use to **measure** your progress.
 "Alarm or snooze response"
 "Weight"
 "Can only walk/jog 5 minutes without resting"

Stress, Moods and Behavior	Social and/or Spiritual Satisfaction	Physical Abilities or Problems
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3. Take Some Steps

Circle each "step" that might **help** you. Then, describe two or three for special focus.
 "Use satisfaction skills"
 "Walk twice a day"
 "Try new medication"
 "Ask partner for support"

Awareness Listen, Focus	Affirmations Praise, Thank	Assertiveness Speak, Describe	Acceptance Relax, Forgive
Exercise Walking, strength training	Personal Care Hygiene, grooming	Eat Well Balanced diet	
Use Your Resources Emotional, Social/Spiritual, Medical		Get and Give support Discuss with partner, friend or relative	

4. Learn each time.

Discuss what "steps" have helped improve your "signs."

Your name _____

Partner's Name _____

Today's Date _____

Next Discussion date _____