EXERCISE 3: *Lifestyle choices*

1. What activities do you enjoy doing, or hope to enjoy doing? Do you like to spend time alone, with your partner, or with groups of people? Plan on getting out and about every day to maintain your mental health and social ties. Write these in the "start, or keep doing" columns, as appropriate.
2. What do you never want to have to do again? What lifestyle habits do you want to break? Write these in the "stop" column.

Stop	Start	Keep doing