

Next Steps

Suggestions

Things you control:

- How you spend your time
- What you eat and drink
- How you spend your money
- When you go to bed and wake up
- How much you exercise
- Who you spend your time with

The first week

- Start a journal and track everything you eat or drink for the next week
- Ask someone to be your accountability partner
- Do one nice thing for someone close to you to make them feel special
- Spend more time with the most important people in your life
- Exercise, go to a gym or just walk a mile each day
- Eat well, less carbs, more fruit and veggies
- Set a time to write in your journal each day (10 minutes)

Do Something New

- Enjoy nature. Take a walk through the woods at a Metro Park
- Expand your network
 - Check out a small group at a church
 - Visit a club (Toastmasters, Rotary, etc)
 - Volunteer at a food pantry
 - Play a sport (softball, soccer, kickball, etc)

After One Week

- Reflect on how things went
 - Do you physically feel better?
 - What did you accomplish?
- Set goals for the next week
- Send an email to david@jonesohio.com and let him know how it went. Give feedback to improve future talks.
- Repeat this process for the next 3 weeks, then send an email once a month.

Small behavior changes

- Try to make it a habit to compliment others
- Tell the people you love, that you love them every time you are with them
- Think of something special to do for one person at least once a week
- Learn to cook, avoid fast food (there are **lots** of youtube videos)
- Each day is a new opportunity, make the most of it!
- Let's not just save a life, but make your **own** life better...