



LIFESTYLE AUDIT



SMART Family & Friends

I would like to do or be more...	Actions I can take to do or be more...
I would like to do or be less...	Actions I can take to do or be less...

“A balanced lifestyle is simply a state of being in which one has time and energy for obligations and pleasures, as well as time to live well and in a gratifying way. With its many nuances, balance can be a difficult concept to integrate into your life. Living a balanced existence, however, can help you attain a greater sense of happiness, health, and fulfillment.”

~Madisyn Taylor

