



Good Choices for Good Living - Positive change involves a series of consistent positive choices. For each of the UNHEALTHY/HEALTHY items in the list below, try to come up with three positive choices you can make to move in a healthy overall direction in your life. Do as many as you can. You can skip the areas that do not apply. When complete discuss as a group

UNHEALTHY	⇒ Three	⇒ Good	⇒ Choices	HEALTHY
Out of shape physically				In good physical shape
Junk food eater				Eating right
Relapsing/Struggling				Recovering/Changing
Frustrated and Angry				Positive and Optimistic
Bad Relationships				Positive Support Group
Emotionally Erratic				Mental Stability
Lost, Lacking Goals				Sense of Purpose
Hopeless				Hopeful
Afraid and Anxious				Calm and Confident
Stressful				Peaceful
Ashamed				No More Regrets
Down in the Dumps				Joyful and Content
Bitter and Resentful				Loving and Forgiving
Struggling				Thriving
<add your own>				<add your own>