

<b>Lifestyle Rx</b>	<b>Purpose</b>	<b>When</b>	
Healthy communication	Healthy relationships, getting needs met, being understood	Daily	
Quality Time with Partner/Friends/Kids/Family	Connection	Goal: 1x/month	
Time With Friends	Relaxation and Fun	Goal 1x/week	
Positive Mindset	Self-Care	Daily	
Self Check Ins	Preserving your values	Daily	
Mindful Moments	Stress Reduction	Daily	
Saying No	Preserving boundaries	Daily	
Improving Sleep Habits	Rest and health	Daily	
Accountability	Meeting personal goals	Weekly	
Reducing Clutter	Organization of your mind and environment	Weekly	
Deep Breathing	Centering and relaxation	Daily	
Paying Yourself	Financial Security	Monthly	
Time Outside	Grounding and Connection	Weekly	
Journal	Separation from self	Daily	