

Worksheet: Lifestyle Goals Schedule

Using the Establishing Your Priorities worksheet, brainstorm some potential goals that address your highest ranking needs. Some examples are: take a 20-minute walk 4–5 times per week; talk to (*specific person*) when upset; and replace high-sugar breakfast cereal and muffins with low-sugar, whole-grain cereal or oatmeal.) **Write down your ideas in the space provided below.** Select **three lifestyle goals** and **one relaxation method** to work on during the week and discuss with your seizure counselor at your appointment.