



## WHAT'S YOUR HOW?

Knowing your hows for building and maintaining this lifestyle is just as important as understanding your whys. Your how may be different from other people's hows, and that's good.

- Grocery shop weekly
- Pick up groceries when I need them
- Have groceries delivered to me
- Cook my own meals
- Eat out at restaurants
- Get food at a drive-through
- Order take-out food
- Order prepackaged meals or meal kits delivered to me
- Eat at home
- Eat on the run
- Eat fresh cooked meals
- Eat packaged meals and add to them
- Eat three meals a day
- Snack throughout the day
- Eat with friends or family
- Eat alone
- Exercise at home
- Exercise at a gym
- Exercise outside
- Exercise inside
- Do short bursts of activity several times a day
- Do longer exercise bouts once a day
- Exercise watching television
- Exercise with others
- Exercise on my own
- Exercise to music
- Exercise when it's quiet
- Meditate
- Be in nature
- Enjoy time with my favorite people
- Walk my dog
- Breathe deeply
- Listen to music
- Laugh