

EXERCISE 16: More variety in my life

Create variety in your life by varying your drinking habits, eating habits, behaviour, use of time, holidays, ways of travelling, social gatherings, circle of friends, methods of dealing with problems and tasks, etc.

List below what you plan to do in order to create more excitement and challenges in your life.

Areas in which I want to create variety	I plan to do/try the following	By when	✓