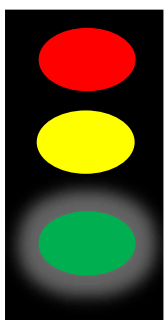


Healthy Living Stop Light Style

A Guide for Monitoring Your Best You & Moving Forward

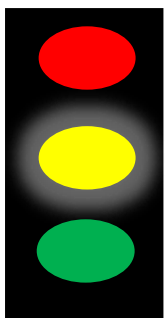
By: Dr. Michelle Kukla

- A. **Green Light Living:** This is when you are in the **“Green Zone.”** List all the behaviors that help you move forward feeling healthy, grounded, centered, present, mindful and anchored in to your life. These behaviors keep you propelling forward and feeling good!



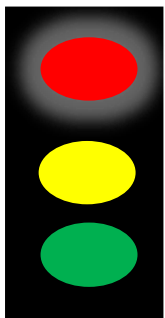
- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

- B. **Yellow Light Living:** This is when you move into the **“Yellow Zone”** and these behaviors are telling you caution and warning up ahead! When these behaviors appear you may be moving away from your center and towards unhealthy behaviors that can maintain negative mood states, unhealthy living, and slow your forward progress.



- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

- C. **Red Light Living:** This is when you are in the **“Red Zone.”** These are the behaviors that tell you **STOP**, you are far away from feeling grounded and centered and are likely engaging in a lot of unhealthy behaviors. Action must be taken immediately and start engaging in your **“Green Zone”** behaviors!!



- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |