



**Mind Medicine**

*Lifestyle  
Workbook*

# Task 1

## Evaluate Your Current Lifestyle

**Describe your current lifestyle and the habits you hold in that area of your life**

**Your Work Life**

**Your Social Life and Relationships**

**Your Health and Wellness**

**How does this lifestyle make you feel mentally and physically?**

**What kind of impact does it have on your life? Positive or negative?**

**Do you enjoy your current habits? If not, why do you want to change them?**

# Task 2

## Make an Action Plan

List the changes you want to make and why you want to make them

Number the changes in order of importance to you and your  
life

1

2

3

4

5

6

7

8

9

10

11

12

13

14

# Task 3

## The Most Important Step



Take  
Action