Creating a plan

Areas of my life I want to change	What can I do to make it happen?	When do I want it to happen?
Rest/sleep	Give myself time and space	Starting right now
Exercise	Plan 30 minutes of exercise into my day	Starting right now
Meditation/visualization	Use the relaxation audio tracks	Starting right now
Be me!	Always be authentic with myself and true to my values	Starting right now
Remove stress	Be aware of negativity levels	Starting right now