

# Take Charge of Your Life. Take Charge of Your Health.

Calculate Your M-PYR™

1. Age of your oldest grandparent ever	_____
2. Your current age	_____
3. Your M-PYR™	1 - 2 = _____

**Choose your motivation. Crisis or Quality of Life?**

## The Three Life-Changing Principles

1. Change is easy. Thinking about change is hard.
2. Change happens one choice at a time. Think progress, not perfection.
3. Approach change with your ideal 100 Year Lifestyle in mind.

**List the immediate goals and changes that you know deep down in your heart you want to make:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What are the long-term and lasting goals and changes you want to make?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**Live Yours!™**

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