BLM 12
(2.F.2)

Lifestyle Factors Table

Directions

1. Listed in the first column in the table below are factors that influence your lifestyle. Review these and add to the list—add specific factors under the general grouping and/or more general groupings at the end of the list.
2. For each factor listed, note positive and/or negative ways it could affect your lifestyle.

Factor	Positive Aspects	Negative Aspects
Choice of Work		
Work Habits		
Culture		
Socio-economic Status		
Family Configuration		
Values		
Leisure Activities		
Other		