

# Stress Less. Live More.™

**If you knew you'd live to be 100,  
how would you change your life?**

**It's time to Stress Less and adjust your lifestyle. If not now, when?  
Calculate your M-PYR™, Minimum Potential Years Remaining.**

1. Your oldest grandparent ever \_\_\_\_\_
2. Your current age \_\_\_\_\_
3. Your M-PYR™ (Line 1 minus Line 2) \_\_\_\_\_

**Don't wait for a crisis! Here are The Life Three Changing Principles of The 100 Year Lifestyle:**

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!™

**The 100 Year Lifestyle**