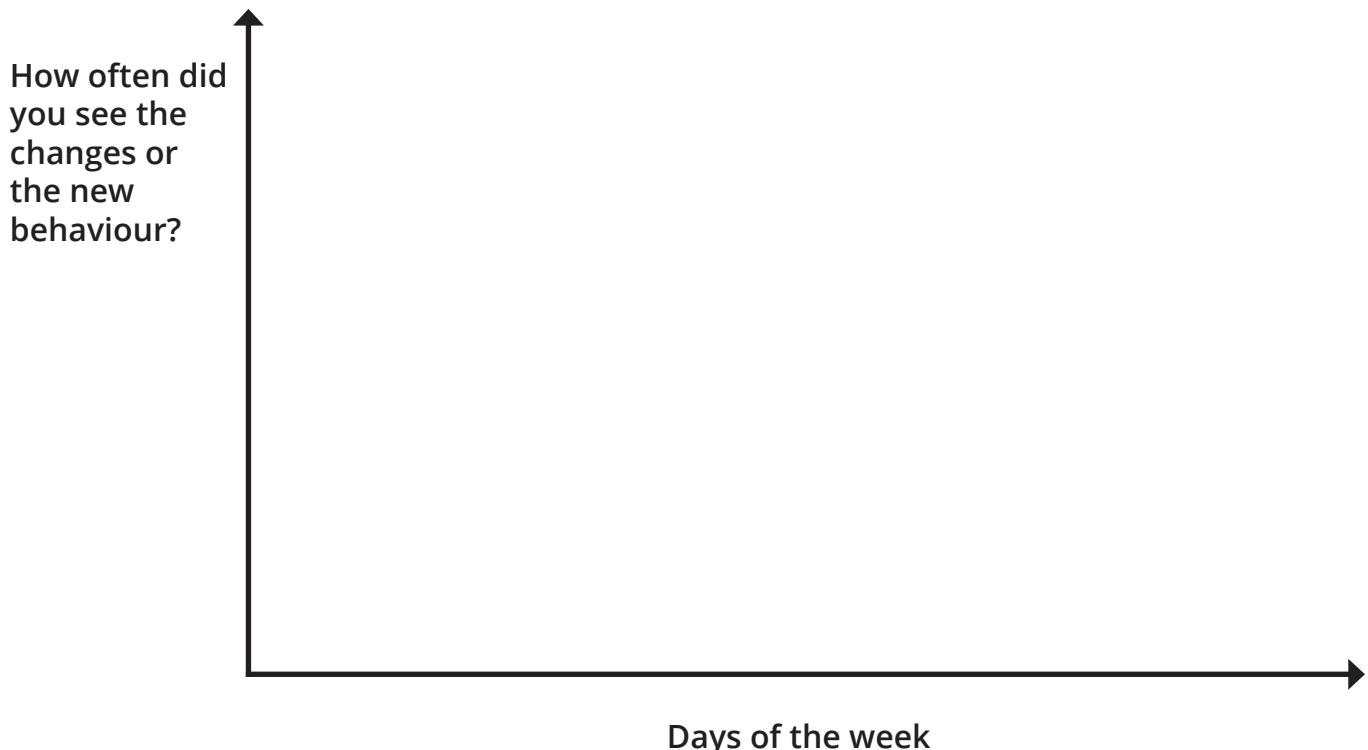


## Developing a Rewarding Lifestyle: Highlighting Progress Graph

Highlighting the progress made as someone works towards a goal is essential.

When someone is making changes in their lives, finding a visual way to see is often used to help people see the change happening. Highlighting progress can be as simple as a colour coded calendar, or as complex as graphs and charts. It is useful to create templates of charts, graphs or calendars which can be easily picked up and put to use.

Here are two different examples.



Laura Freeman, Ph.D. Addiction Interventions