WHO AM I?

HAVING A CLEAR UNDERSTANDING WHO YOU ARE (INCLUDING SUCH THINGS AS YOUR PREFERENCES, VALUES, BELIEFS AND GOALS) WILL PUT YOU IN A STRENGTHENED POSITION TO COPE WITH LIFE’S STRESSORS AND CREATE A SATISFYING LIFE.

- I like ____________________________________________________________________________________________
- I am happy when __________________________________________________________________________________
- I can’t wait until ___________________________________________________________________________________
- My favorite food is __________________________________________________________________________________
- I’m really excited about ______________________________________________________________________________
- My favorite season is ________________________________________________________________________________
- My friends think I’m ________________________________________________________________________________
- My favorite sport is _________________________________________________________________________________
- My best quality is __________________________________________________________________________________
- My biggest limitation is ______________________________________________________________________________
- My favorite hobby is _________________________________________________________________________________
- My favorite class is __________________________________________________________________________________
- Success means ______________________________________________________________________________________
- My best friend is ____________________________________________________________________________________
- I’m strongest when __________________________________________________________________________________
- I believe __________________________________________________________________________________________
- I love it when ________________________________________________________________________________________
- When I’m happy I ____________________________________________________________________________________
- I love _____________________________________________________________________________________________
- When I’m sad I ______________________________________________________________________________________
- I’m most ashamed of __________________________________________________________________________________
- My family __________________________________________________________________________________________
- I felt most hurt when __________________________________________________________________________________
- I wish I could ______________________________________________________________________________________
- I’m most relaxed when ________________________________________________________________________________
- The best part of the day is ____________________________________________________________________________
- I wish I didn’t ______________________________________________________________________________________
- I’m most stressed when ______________________________________________________________________________
- My biggest dream is to ______________________________________________________________________________
- I’m hopeful about __________________________________________________________________________________
- I’m good at _________________________________________________________________________________________
- I’m worried about __________________________________________________________________________________
- My pet peeve is ______________________________________________________________________________________
- I can’t stand it when ________________________________________________________________________________
- My worst habit is __________________________________________________________________________________
- I’m most proud of __________________________________________________________________________________
- I like myself when ____________________________________________________________________________________
WHAT DO I VALUE?

PART OF DEFINING YOURSELF IS BEING CLEAR ABOUT WHAT YOU VALUE MOST. CHECK OFF THE VALUES THAT ARE MOST IMPORTANT TO YOU AND THEN SEE IF YOU CAN NARROW THAT LIST BY CHOOSING YOUR TOP 5-10 VALUES.

- Independence
- Tolerance
- Family
- Certainty
- Individualism
- Freedom
- Differences
- Friends
- Fitting in
- Politics
- Equality
- Similarities
- Being alone
- Being different
- Growth
- Power
- Acceptance
- Peace
- Being outgoing
- Change
- Understanding
- Respect
- Flexibility
- Faith
- Stability
- Winning
- Marriage
- Children
- The aged
- Wisdom
- Wealth
- Challenge
- Thrill-seeking
- Feminism
- Religion
- Loyalty
- Excitement
- Exploring
- Introversion
- Being active
- Knowledge
- History
- Imagination
- Creativity
- Logic
- Kindness
- Generosity
- Plans
- Spontaneity
- Practicality
- Intimacy
- Promptness
- Patience
- Formality
- Compassion
- Rules
- Uniqueness
- Trustworthiness
- Humor
- Commitment
- Nonviolence
- Responsibility
- Truthfulness
- Self-control
- Justice
- Mercy
- Predictability
- Comfort
- Science
- Nature
- Music
- Integrity
- Work
- Property
- Possessions
- Education
- Patience
- Forgiveness
- Courage
- Openness
- Pride
- Tenacity
- Frugality
- Country
- Health
- Self-control
- Mercy
- Happiness
- Confidence
- Peace
- Modesty
- Grace
- Science
- Nature
- Music
- Integrity
- Work
- Property
- Possessions
- Education
- Patience
- Forgiveness
- Courage
- Openness
- Pride
- Tenacity
- Frugality
- Country
- Health
- Self-control
- Mercy
- Happiness
- Confidence
- Peace
- Modesty
- Grace
- Science
- Nature
- Music

TOP 10 VALUES:

1. ___________________
2. ___________________
3. ___________________
4. ___________________
5. ___________________
6. ___________________
7. ___________________
8. ___________________
9. ___________________
10. ___________________

___ Do you live according to your values?
___ Do your values help you live the life you want?
___ Are there some things you could be doing (or stop doing) that would better uphold your values?
___ Do your values help you to feel more or less depressed?
HAVING A PURPOSE AND GOALS FOR THE FUTURE

GOALS CAN GET YOU GOING, HELPING YOU TO ENDURE BEYOND IMMEDIATE DIFFICULTIES.

Goals can be:

- **Short term**
  e.g., hourly, daily, weekly, monthly goals.

- **Intermediate**
  e.g., yearly goals.

- **Long term**
  e.g. a five-year vision, a career path, or a lifetime goal.

Think about these questions as you consider your own goals:

- What have you already done that you feel proud of/are glad you did?

- What have others done that interests/inspires you?

- Is there something you feel you need to experience in your life?

- What is important enough to justify your time and energy?

- Is there something you want to accomplish this month/year/in your lifetime?

- Are there some things you could be trying instead of simply considering?

- What are the goals of those around you? Do their goals fit for you or would you like something different?

- What do you want for your future?

- When you are older and look back on your life, what do you want to see yourself having done?