

What's Important In My Life

Name: _____

Date: _____

Relationships

- Having a healthy relationship with my partner
- Having a healthy relationship with my child(ren)
- Forming a long-term romantic relationship
- Being an effective parent
- Being a kind friend
- Being a supportive partner
- Having supportive friends
- Getting married
- Being close to loved ones
- Being faithful to my partner
- Respecting others
- Feeling a sense of belonging
- Being trustworthy
- Being honest
- Standing up for myself

Intellectual Growth

- Having an education
- Finding a satisfying job
- Keeping a clear mind
- Solving life problems
- Concentrating on a task
- Finding interesting hobbies
- Meeting my responsibilities
- Doing what I say
- Earning a diploma/degree
- Having a driver's license

Physical Environment

- Having a stable place to live
- Having financial security
- Getting my basic needs met (Food, shelter, clothing)
- Staying out of trouble
- Staying out of hospital
- Being safe
- Making money
- Experiencing freedom
- Having security
- Being independent

Emotional Growth

- Finding a spiritual practice
- Following my spiritual practice
- Feeling relaxed and content
- Having fun
- Feeling safe
- Feeling Happiness
- Finding humor in life
- Living true to my values
- Feeling worthy
- Feeling life importance
- Feeling needed
- Reducing stress
- Controlling my temper
- Reducing my worry/paranoia
- Coping with emotions