

WELLNESS WORKSHEET 21 — continued

3. List the social ideals, customs, and institutions that you value—for example, education, equality, freedom of speech, tolerance for diverse opinions.

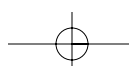
4. How well does your current lifestyle reflect your values? List two behaviors or recent incidents in which you acted in accordance with your values. List two behaviors or incidents in which you acted in ways that conflict with your values.

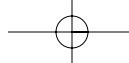
Your Accomplishments and Struggles

1. What has happened in your life that you are particularly proud of? Write about your key accomplishments, including your psychological triumphs—for example, times when things went even better than you expected, when you came through trials and tribulations even better off, when you felt powerful and glorious, when you maintained a wonderful friendship.

2. How have these successes shaped your life? How have they affected the way you think of yourself and your capabilities? How have they affected your goals and the things you strive for?

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3. What difficult events or periods have you gone through? Write about any significant psychological insults and injuries you've sustained—for example, your losses, disappointments, traumas, or quieter periods of despair, hopelessness, and loneliness.
4. How have you survived these traumas? How did you strengthen and heal yourself? What are their lasting effects on you?

Your Emotional World

1. How did your family express the following when you were a child: love and affection, pride (in accomplishments), interest in one another, anger, sadness, and fear?
2. What is your own philosophy about expressing these feelings?

Who You Want to Become

1. Describe the person you want to become. Write a mission statement for your own life. What is the purpose of your life? What is its meaning? What are you trying to accomplish? What is your larger struggle?

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