

Name: _____

If you woke up tomorrow and all of your problems were changed, what would be different in your life? What would make your life worth living? Be as specific as possible. (For example: If ultimately, your goal is to be happy, what tangible changes would have to occur? i.e. get a job, have stable and supportive friendships, etc.)

Life Worth Living Goal: _____

In order to achieve this goal, which behaviors need to increase, which behaviors need to decrease?

Behaviors to Increase	Behaviors to Decrease