

MAKE 2010 A YEAR YOUR HAPPY ABOUT!

I. List at least 7 things you can be grateful for in 2009-

I am grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

II. List at least 7 accomplishments you had in 2009-

I am proud of myself because i accomplished.....IN 2009

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

IV. List at least 5-10 completions you would like accomplish, or challenges you would like to improve on or get rid of in 2010-

I would like to complete the following in 2010:

- 1.
- 2.
- 3.
- 4.
- 5.

I would like to improve on or get rid of these challenges in 2010:

- 2.
- 3.
- 4.
- 5.

V. List the issues you most need guidance and support with from your therapist / coach-

I most need guidance and support with.....

- 1.
- 2.
- 3.
- 4.
- 5.

III. List 1-3 Goals in each category you like to accomplish in 2010-

I WILL ACCOMPLISH THIS YEAR 2010.....

A. PERSONAL / PSYCHOLOGICAL

- 1.
- 2.
- 3.

B. HEALTH / WELLNESS

- 1.
- 2.
- 3.

C. JOB / CAREER

- 1.
- 2.
- 3.

D. FINANCIAL

- 1.
- 2.
- 3.

E. SPIRITUAL

- 1.
- 2.
- 3.

F. SOCIAL / RELATIONSHIPS

- 1.
- 2.
- 3.

G. FAMILY

- 1.
- 2.
- 3.

H. COMMUNITY/CHARITY

- 1.
- 2.
- 3.