WANT and DON’T WANT

WORKSHEET

Make a list below of what you want and don’t want for your life. Think about a variety of categories such as: work, home, health, relationships, etc. Start with whatever first comes to mind and keep going back and forth between the two lists as ideas come to mind. For each “Don’t Want” item, ask yourself, “If I don’t have that, what would I have instead?”

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| WHAT I WANT | WHAT I *DON’T* WANT |
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WHO I WANT & DON’T WANT TO BE

WORKSHEET

Make a list below of the characteristics, values, and behaviors you would like to be known for and those that you don’t want to be known for. Think about a variety of settings such as: family, work, school, friendships, community, neighborhood, etc. Start with whatever first comes to mind and keep going back and forth between the two lists as ideas come to mind. For each “Don’t Want to Be” item ask yourself, “If I’m not like that, how would I be instead?”

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| WHO I WANT TO BE | WHO I DON’T WANT TO BE |
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