What I Really Need In My Life Right Now is More….

*Circle all of the words below that would fit this sentence for you. Add any other words at the bottom not listed that are also important in your life.*

Vitality self-esteem next steps composure

Security recognition generosity optimism

Activity confidence caring leadership development

Health motivation sharing solitude

Strength knowledge/skill music contemplation

Energy opportunities laughter serenity

Fitness challenge support trust

Relaxation variety self-expression insight

Comfort structure companionship joy

Nutrition vision harmony fun

Affection control romance faith

Sleep boundaries intimacy purpose

Self-control money patience courage

Work-life balance experience receptivity freedom

Self-awareness time management adventure life plan

Other important “want more’s”: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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