

MY LIFE WORKSHEET



My favorite activities are...

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

Three things I will do to enjoy the present moment...

- 1. _____
- _____
- 2. _____
- _____
- 3. _____
- _____

I can stay positive by...

- _____
- _____
- _____
- _____

