

Name _____

Date _____

Expectations

Instructions: Shoulds are expectations we have of ourselves or others that cause us to take actions that prevent us from living the lives we want. Wants are expectations we have of ourselves or others that cause us to take actions that are true to who we are and what we want. Write down expectations you have of yourself or others. Try to identify if they are Shoulds or Wants.

Expectations	Should?	Want?
Of Myself		
Of Others		

Name _____

Date _____

Priorities

Instructions: Pretend that you are near the end of your life and are reflecting on the things you did that made it fulfilling. For each area below (or make up your own if you prefer), write down what you accomplished or how you spent your time and energy. Be as specific as you can.

Family/Home Life

Social Life (Friends/Community)

Work/Finances

Emotional, Physical, and Spiritual Well-Being

Recreation

Name _____

Date _____

Values

Instructions: Values are core principles that you live by. Values reflect how you see yourself or want to be perceived by the outside world. Examples of values include honesty, integrity, and openness. Write down the values that are important to you. If you are struggling, think about the people you admire. What values do they embody that cause you to admire them?

Name _____

Date _____

Gifts

Instructions: In each of the areas listed, identify gifts you bring. Gifts are what make you unique and special. They include talents, skills, knowledge, traits, and characteristics. Consider different perspectives: What do you do well? What comes easily for you? What have you been complimented on?

Work

School

Home and Social Life

Sports and Hobbies

Name _____

Date _____

Most Proud Of/Most Enjoyed

Instructions: Look back over the different time periods of your past and list the things you're most proud of and the things you most enjoyed. Change the time periods if they don't make sense for you.

Time Period	Most Proud Of	Most Enjoyed
Childhood and Teenage Years		
Early Adulthood		
30s and 40s		
50s-Plus		

Name _____

Date _____

Motivators

Instructions: Consider the things that motivate you to want to do something and to excel at things. Motivators energize you. They help you succeed. And they make it fun! List them below.

Tip: Review your list of things you are proud of and most enjoyed and ask yourself: *What made it possible for me to do this? What made it satisfying? Why am I proud of it? Why did I enjoy it?*

Name _____

Date _____

The Life I Want

Instructions: Review your other worksheets and select or summarize the key points from each. Place them in the appropriate box. When you are finished, look over your lists and note at the bottom of the page any patterns, themes, common characteristics, or inconsistencies among the items you wrote down.

Most Proud Of		Most Enjoyed	
		Priorities	Values
Gifts			Motivators
Patterns, Themes, Common Characteristics, or Inconsistencies			