

A large, solid pink arrow pointing to the right, which serves as a background for the title text.

home  
WORKSHEETS

# ASSESS WHAT WORKS FOR YOU

MY FAVOURITE COLOURS ARE...

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BOOKS/MAGAZINES I ENJOY ARE...

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I LIKE TO COLLECT...

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ARTWORK THAT INSPIRES ME INCLUDES...

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I FEEL MOST AT HOME WHEN...

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ARCHITECTURE I'M DRAWN TO IS...

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MUSIC I LISTEN TO AT HOME IS...

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MY FAVORITE SEASON IS...

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A DREAM HOME WOULD INCLUDE...

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# BAD-MOOD BUSTERS

today i am grateful that \_\_\_\_\_ did \_\_\_\_\_.

(NAME)

(ACTION)

i am so happy to have \_\_\_\_\_ in my life because \_\_\_\_\_.

(NAME)

(REASON S/HE IS AWESOME)

today i am grateful that \_\_\_\_\_ was \_\_\_\_\_.

(NAME)

(ATTITUDE / STATE OF BEING)

i am so fortunate to have \_\_\_\_\_ because s/he always \_\_\_\_\_.

(NAME)

(FREQUENT ACT OF KINDNESS)

it always makes me smile when \_\_\_\_\_ does \_\_\_\_\_.

(NAME)

(SILLY / FUNNY THING S/HE DOES)

we really have fun when \_\_\_\_\_ and i \_\_\_\_\_.

(NAME)

(FUN THING YOU DO TOGETHER)

it always makes me laugh when \_\_\_\_\_ says \_\_\_\_\_.

(NAME)

(FUNNY THING S/HE SAYS)

today i am so glad that \_\_\_\_\_ was able to \_\_\_\_\_.

(NAME)

(ACTION)

one of the best things about \_\_\_\_\_ is \_\_\_\_\_.

(NAME)

(PERSONALITY TRAIT)

today it made me so happy when \_\_\_\_\_ did \_\_\_\_\_.

(NAME)

(ACTION)

# HUNT DOWN YOUR HOBBY

WHAT WAS YOUR FAVOURITE ACTIVITY OR PASTIME WHEN YOU WERE A CHILD? WHAT DID YOU LIKE ABOUT IT? WOULD YOU LIKE TO GIVE IT ANOTHER TRY?

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IF YOU COULD HAVE A WHOLE DAY WITHOUT INTERRUPTIONS, WHAT WOULD YOU SPEND IT DOING?

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WHAT WOULD YOUR DREAM JOB CONSIST OF? IS THERE ANY WAY TO TURN ASPECTS OF THAT JOB INTO A HOBBY?

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WHAT ARE SOME ACTIVITIES YOU'VE SEEN OTHERS ENJOYING AND HAVE ALWAYS WANTED TO TRY YOURSELF?

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work  
WORKSHEETS

# BRING BACK THE BEST WEEK

WHAT HAPPENED DURING THAT WEEK TO MAKE IT SO ENJOYABLE?

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WHO WAS PART OF THAT GREAT WEEK?

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HOW DID IT FEEL WHEN THINGS WERE GOING REALLY WELL?

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WHAT DID YOU DO (OR NOT DO) TO MAKE SURE THINGS STAYED POSITIVE?

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# BRAND YOURSELF

WHAT DO YOU STAND FOR? (YOUR BRAND'S MESSAGE)

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HOW DID YOUR VALUES OR TALENTS COME TO BE? (THE STORY BEHIND YOUR BRAND)

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WHAT SKILLS OR IDEAS DO YOU HAVE TO OFFER? (YOUR PRODUCT)

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HOW WILL WHAT YOU WANT TO DO IMPACT OTHERS? (THE AUDIENCE FOR YOUR BRAND)

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relationships  
WORKSHEETS

# KNOWING WHEN TO STAY OR GO...

WHEN YOU CONSIDER THE OTHER PERSON IN YOUR RELATIONSHIP. . . (CIRCLE ONE)

- DO THEY ACT IN A WAY THAT EMBARRASSES OR HURTS YOU?    YES   NO
- DO THEY PUT YOU IN UNCOMFORTABLE SITUATIONS?    YES   NO
- DO THEY LEAVE YOU FEELING EMOTIONALLY DRAINED?    YES   NO
- DO THEY BRING OUT THE WORST QUALITIES IN YOU?    YES   NO
- DO THEY MAKE YOU FEEL DEVALUED AS A PERSON?    YES   NO
- DO THEY EVOKE NEGATIVE EMOTIONS (ANGER, HATE, ENVY)?    YES   NO
- DO THEY ENCOURAGE YOU TO TAKE PART IN HARMFUL ACTIVITIES?    YES   NO
- DO THEY TREAT YOU WITH DISRESPECT AND UNKINDNESS?    YES   NO
- DO THEY PUT LITTLE OR NO EFFORT INTO THE RELATIONSHIP?    YES   NO
- DO THEY SEEM TO BE IN CONSTANT COMPETITION WITH YOU?    YES   NO
- DO THEY MAKE YOU FEEL SMOTHERED AND CONFINED IN ANY WAY?    YES   NO

# USE POSITIVE LANGUAGE

ADAPTABLE	DYNAMIC	JOVIAL	SERENE
ADORED	EFFERVESCENT	JUBILANT	SILLY
ADVENTUROUS	ELATED	KISSABLE	SKILLFUL
ALLURING	ELECTRIC	KNOWLEDGEABLE	SOPHISTICATED
ALTRUISTIC	ELOQUENT	LEVEL-HEADED	SPARKLING
AMBITIOUS	EMPOWERED	LIBERATED	SPIRITED
ATHLETIC	ENCHANTING	LIGHT-HEARTED	SPLENDIFEROUS
AUTHENTIC	ENERGIZED	LIKEABLE	SPRIGHTLY
AWESOME	ENTERPRISING	LITHE	STELLAR
BEAUTIFUL	EVOLVING	LOVED	STRIKING
BIG-HEARTED	EXQUISITE	LOVELY	STRONG
BLESSED	EYE-CATCHING	LOVING	STUDIOUS
BRAVE	FABULOUS	LUCKY	STYLISH
BRIGHT	FASCINATING	LUMINOUS	SUCCESSFUL
BRILLIANT	FEARLESS	MAGICAL	SVELTE
CAPABLE	FETCHING	MARVELOUS	SWEET
CAPTIVATING	FLAWLESS	MASTERFUL	TALENTED
CHARMING	FOXY	MERRY	THOUGHTFUL
CHIC	GENUINE	MINDFUL	TRANQUIL
CLEVER	GLEEFUL	MOTIVATED	TREMENDOUS
COMMENDABLE	GLORIOUS	OPTIMISTIC	TRIUMPHANT
COMPETENT	GLOWING	OVERJOYED	UNCOMMON
CONFIDENT	GORGEOUS	PASSIONATE	UNIQUE
COURAGEOUS	GRACIOUS	PEACEFUL	UNSHAKEABLE
COURTEOUS	HANDSOME	PHENOMENAL	UNSTOPPABLE
CREATIVE	HAPPY	PLAYFUL	UPBEAT
CULTURED	HEALTHY	POISED	UPLIFTED
DAPPER	HOPEFUL	POWERFUL	VALUABLE
DARING	HOT	PRESENT	VIBRANT
DARLING	HUGGABLE	PRODUCTIVE	VISIONARY
DASHING	ILLUMINATED	RADIANT	VIVACIOUS
DAZZLING	IMPRESSIVE	REGAL	WELL-ROUNDED
DECISIVE	INSIGHTFUL	RELAXED	WHIMSICAL
DELIGHTFUL	INSPIRED	RESOURCEFUL	WINSOME
DEPENDABLE	INSPIRING	RESPLENDENT	WISE
DESERVING	INTERESTING	RESTED	WITTY
DESIRABLE	INTRIGUING	REVITALIZED	WONDERFUL
DISTINGUISHED	INTUITIVE	SATISFIED	WORTHY
DREAMY	IRRESISTIBLE	SELF-ASSURED	ZESTFUL

# YOUR NO-GO LIFE TRAITS

MAKE A LIST OF AT LEAST TEN PERSONALITY TRAITS, HABITS OR LIFESTYLE CHOICES IN OTHER PEOPLE THAT YOU KNOW HAVE A NEGATIVE IMPACT ON YOUR LIFE SO YOU CAN AVOID THEM IN FUTURE RELATIONSHIPS.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

don't forget to share ...

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love

WORKSHEETS

# I LOVE ME LIST

WRITE DOWN 20 THINGS YOU LOVE ABOUT YOURSELF, EACH ONE ON A DIFFERENT SQUARE BELOW (OR ON A STICKY NOTE). PLACE THOSE 20 PIECES OF PAPER RANDOMLY AROUND YOUR HOME, OFFICE AND CAR, TO SERVE AS REMINDERS OF HOW AWESOME YOU ARE.






# KNOW WHAT YOU DO (AND DON'T) WANT

WHAT WENT WELL IN YOUR LAST RELATIONSHIP?

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WHAT COULD HAVE USED SOME IMPROVEMENT?

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WHAT CAN YOU NOT LIVE WITHOUT IN A RELATIONSHIP?

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WHAT CAN YOU DO WITHOUT IN A RELATIONSHIP?

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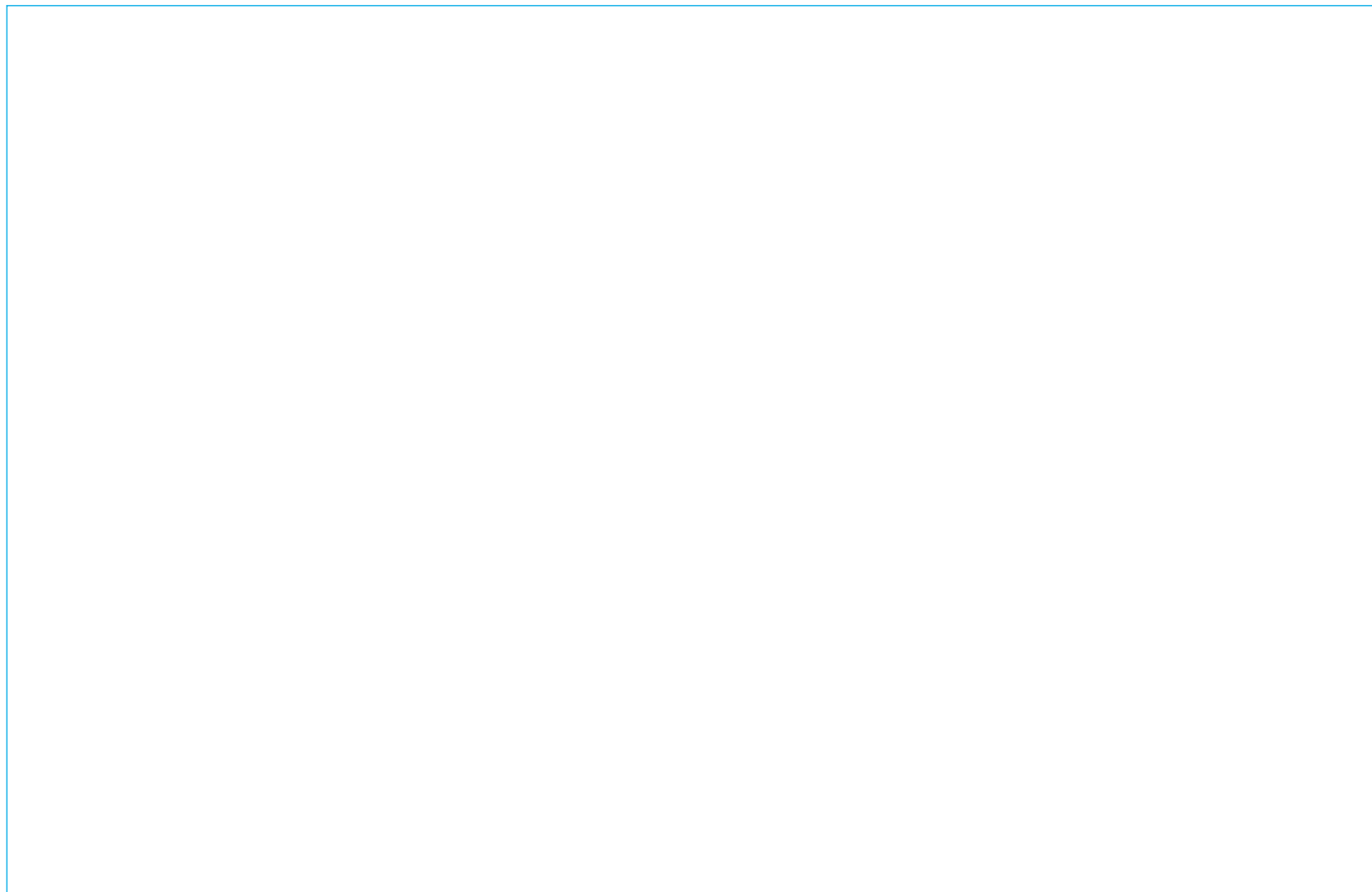
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*change*  
WORKSHEETS

# CREATE THE BEST-CASE SCENARIO

DRAW AN IMAGINARY SCENE OF WHAT WOULD HAPPEN IF THIS CHANGE WERE THE BEST THING TO EVER HAPPEN TO YOU. (IF DRAWING'S NOT YOUR THING, WRITE A LIST OF THE GOOD THINGS YOU IMAGINE THIS CHANGE COULD BRING.)



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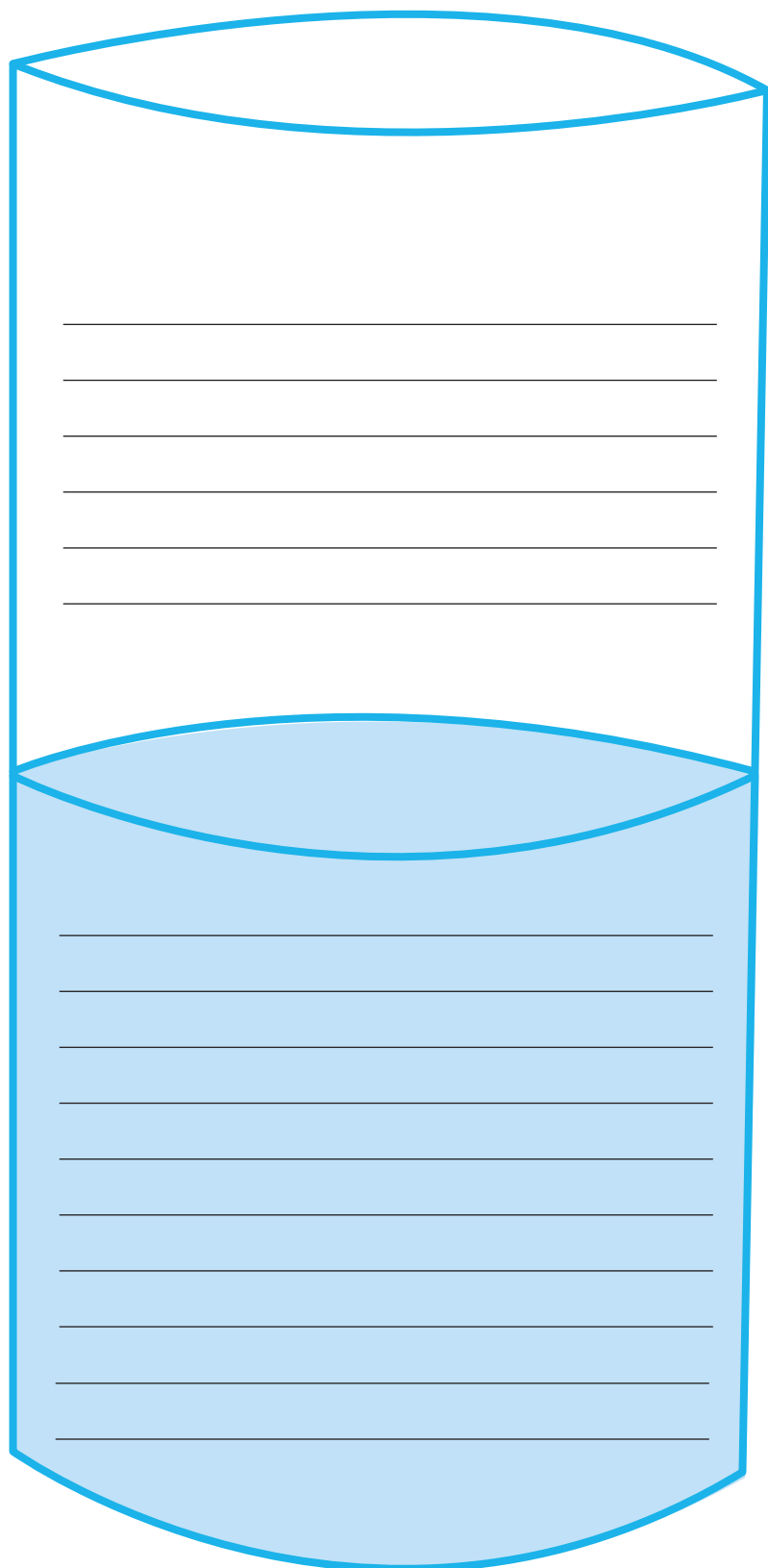
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# GLASS HALF FULL



WRITE DOWN SCARY THINGS ABOUT CHANGE HERE



WRITE DOWN AWESOME THINGS ABOUT CHANGE HERE



# PINPOINT YOUR TRIGGERS

WHERE DO YOU FIND YOURSELF ENGAGING IN YOUR BAD HABIT?

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IS THERE A TIME OF DAY YOU'RE MORE LIKELY TO ENGAGE IN YOUR HABIT?

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DO YOU ENGAGE IN YOUR HABIT ALONE OR WITH OTHERS? IF WITH OTHERS, WITH WHOM?

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DO SPECIFIC SITUATIONS (TIME OF YEAR, TIME OF DAY, ETC.) AFFECT YOU MORE?

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# CHOOSE A CHANGE

EVEN IF YOU'RE ALREADY WELL AWARE OF HOW TO USE CHANGE TO BE YOUR BEST SELF, YOU CAN BENEFIT FROM CHECKING OUT THESE QUESTIONS AND CONSIDERING HOW THEY MIGHT IMPACT THE BEST YOU. CIRCLE YES OR NO FOR EACH ONE AND REFLECT.

- DO YOU SPEND YOUR TIME DOING THINGS THAT ARE MEANINGFUL TO YOU? YES NO
- DO YOU STRIVE TO AVOID ACTIVITIES THAT BRING NEGATIVITY INTO YOUR LIFE? YES NO
- DO YOU ENGAGE IN ACTIVITIES THAT CHALLENGE YOU IN A POSITIVE WAY? YES NO
- DO YOU SPEND TIME WITH POSITIVE PEOPLE WHO ENCOURAGE YOU? YES NO
- DO YOU STRIVE TO POSITIVELY ENCOURAGE AND INSPIRE OTHERS? YES NO
- DO YOU ALLOW YOURSELF TO NOTICE - BUT NOT DWELL ON - YOUR FLAWS? YES NO
- DO YOU TAKE RESPONSIBILITY FOR YOUR ACTIONS AND CHOICES? YES NO
- DO YOU HONOUR THE COMMITMENTS YOU MAKE TO YOURSELF? YES NO
- DO YOU VALUE YOUR OWN NEEDS AS MUCH AS THOSE OF OTHERS? YES NO
- DO YOU OFTEN EXPRESS GRATITUDE AND LOVE TO OTHERS? YES NO
- DO YOU ADMIT TO OTHERS WHEN YOU'VE MADE A MISTAKE? YES NO
- DO YOU STRIVE TO FORGIVE THOSE WHO HAVE WRONGED YOU? YES NO
- DO YOU TRY TO SPEAK POSITIVELY ABOUT YOURSELF AND ABOUT OTHERS? YES NO
- DO YOU PRESENT YOURSELF HONESTLY AND OPENLY TO OTHERS? YES NO
- DO YOU TAKE CARE OF ALL YOUR PHYSICAL, EMOTIONAL AND MENTAL NEEDS? YES NO
- DO YOU FEEL PROUD OF MOST OF THE CHOICES YOU MAKE? YES NO
- DO YOU SEEK HELP OR GUIDANCE WHEN YOU'RE STRUGGLING? YES NO