

WHAT'S GOOD ABOUT ME AND MY LIFE?

Many people get stuck in a negative perception of themselves or their life circumstances and lose a balanced perspective that includes positive aspects of their lives. This assignment is designed to help you focus on your strengths and how you might use them to empower yourself toward greater satisfaction with your life. You need to make a concerted effort to overcome your belief that your life circumstances are overwhelmingly negative.

1. Describe at least four advantages to your current life circumstance (e.g., opportunity to make own decisions, opportunity for intimacy and sharing with a partner, a time for developing personal interests, meeting the needs of a significant other).
 - A. _____
 - B. _____
 - C. _____
 - D. _____

2. List at least four of your strengths, positive traits, or talents that you can use to enrich your life and the lives of others.
 - A. _____
 - B. _____
 - C. _____
 - D. _____

3. What changes do you believe you could make to help restore balance to your life?

4. What steps will you commit to for using your strengths, interests, and talents to begin to make the changes you feel are necessary for increased satisfaction? Describe actions and set target dates for implementation.

Action	Date
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Jongsma, A. (2014). Adult Psychotherapy Homework Planner. 5th ed. Hoboken, NJ: Wiley.