Let me tell you…

Choose 3 of the following prompts and answer them. Your responses should be written in sentence form (not point-form, listed, or one word answers). Each response should be a paragraph and the entire exercise should be roughly 1 page, single spaced, in length. Be sure to include your name when you hand this in.

* If I could do anything in the world I would……
* Make a list of all of your accomplishments
* My goals for today/this week/this month/this year are…..
* Living a life I love means…….
* What do you fear about your future?
* What are the things that I am doing that are helping me reach my goals?
* What are the things I am doing that are hindering me from reaching my goals?
* My favorite achievement to date is……
* What excites you about your future?
* What do you do when faced with a challenge?
* If I could spend the day doing anything I would…..
* The following routines are no longer serving me…….
* This area (name the area) of my house needs a makeover because….
* Describe your dream living situation (house, city, house members etc) in detail
* What hobbies am I passionate about?
* Make a list of your favorite ways to entertain yourself
* What’s your dream vacation destination?
* What are the essential things you need to do every day?
* What makes a day great?
* What makes a day bad?
* Make a list of the foods that you eat that make you feel sick
* What are your favorite physical characteristics?
* Make a list of the foods that make you feel energized
* What do you do for yourself when you’re feeling physical pain?
* I feel the most rested when I can…..
* What do you do to maintain your physical health?
* Describe your ideal physical health
* What health conditions are you not taking care of?
* Make a list of 15 things that you are grateful for
* When I am feeling (name the emotion) these are the things that help me feel better…..
* What positive qualities do you possess?
* What negative qualities do you possess?
* What helps me to clear my mind?
* Make a list of everything that you’re worried about.
* What things are you doing that negatively affect your mental health?
* What things are you doing that positively affect your mental health?