



# Working out what is important to you

Take a step back to work out what is important to you. This can give you direction and help you figure out how you want to live your life.

Strong feelings can get in the way of doing things that are important to us

## CHANGING YOUR RESPONSE TO EMOTIONS

1. For a minute, ignore the details of HOW you would make changes to the way you respond to emotions. Instead, think about WHAT changes you would make if you could change anything you wanted. How would you like to change your...

Thoughts?	Feelings?	Behaviours?
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2. What are the 3 best reasons for you to make these changes?

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

3. Imagine what it would be like if you could change. How would you think and feel? How differently would you act?

Now imagine what a typical week would be like if you could make those changes?



IDENTITY & VALUES