

In-Session 1 Worksheet—Areas to Improve

Name: _____

Date: _____

Imagine what your ideal life would look like. What areas would you like to improve? Read the list below and number the three that are the most important to you in order of importance, 1, 2, 3.

| | | |
|---------------------|--|--|
| Work | Apply for employment or do better at my job | |
| | Find a volunteer job | |
| Education | Have more structure in my days/attend groups or classes | |
| | Take lessons in something that interests me | |
| | Get a Diploma/Go back to school | |
| Health | Join a 12-step group | |
| | Go to a park to walk, relax, exercise/become more fit | |
| Hobby | Take lessons in something that interests me (computer, cooking, drawing) | |
| | Start a hobby in the community | |
| Independence | Get a car/bike/more independent transportation | |
| | Learn to budget money/open a bank account | |
| Connections | Meet a significant other/go on a date | |
| | Make a friend/talk and socialize more | |
| | Visit a family member/reconnect with family/friend | |
| | Help take care of a family member | |
| Other | | |