

# APPENDIX

## EXERCISE A: MAKING A DIAGNOSIS



	<b>EASY-GOING BEHAVIOR</b> <i>(LESS GOAL-ORIENTED)</i>	<b>AMBITIOUS BEHAVIOR</b> <i>(BIG HOPES &amp; DREAMS)</i>	<b>GOALS</b> <i>(WHAT DO I WANT?)</i>
<b>PROFESSIONAL LIFE</b>			
<b>PERSONAL RELATIONSHIPS</b>			
<b>HEALTH AND APPEARANCE</b>			
<b>OTHER</b>			

## EXERCISE B: GIVE THANKS



COMPONENT OF THANKS	SAMPLE PERSONALIZATION	MY PERSONALIZATION
THANK	<p><i>I want to thank</i></p> <p><i>I give thanks</i></p> <p><i>You are amazing</i></p>	
YOU	<p><i>Universe</i></p> <p><i>God/Allah/Adonai/Jesus/Krishna...</i></p> <p><i>Source of Life</i></p> <p><i>Mother Earth</i></p> <p><i>All-Encompassing Nothingness</i></p>	
FOR LIFE	<p><i>for this strange and amazing life</i></p> <p><i>for the energy that courses through me</i></p> <p><i>for this rollercoaster ride of a life</i></p>	

## EXERCISE C: DONATE TIME



DATE: \_\_\_\_\_

NAME	DONATED TIME	MISSED OPPORTUNITY
<i>Example: Mary (neighbor)</i>	<i>7:30am—Said hello and talked about the weather on my way to work (10 min)</i>	<i>6:30pm—Waved but didn't stop to talk</i>

## EXERCISE C: DONATE TIME



DATE: \_\_\_\_\_

NAME	DONATED TIME	MISSED OPPORTUNITY

## EXERCISE D: DREAM ANEW



COUNTER-PRODUCTIVE GOAL	ALL-OR-NOTHING / OBJECTIFYING / BOTH	PROBLEMATIC COMPONENTS	SOLUTIONS	PRODUCTIVE GOAL