

EXERCISE: What Will Help

On the lines in Worksheet 5.3, write some of your qualities, strengths, experiences, and values that give you hope you can reach your goals. Consider past successes and obstacles you have overcome; any positive qualities you have, such as a sense of humor or other skills that help you through difficult times; spiritual beliefs; a willingness to learn new skills; people who support you; physical health and stamina; or even a single-minded motivation to reach your goals. Write here anything you can think of that will help you reach the goals you have written in **Worksheets 5.1 and 5.2.**

WORKSHEET 5.3. What Will Help Me Reach My Goals?