

**What I'd Like To Work On**

**BEHAVIOR:** What are you doing that you don't want to do?

What are you not doing (or not doing enough) that you want to do?

**EMOTIONS:** what are you feeling that you don't want to feel?

What are you not feeling (or not feeling as much as you'd like) that you do want to feel?

**THOUGHTS:** What are you thinking that you don't want to think?

What are you not thinking that you want to think?

**NAME:** \_\_\_\_\_

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