

IDENTIFYING WHAT YOU WANT

Things I Don't Like in My Life	What Would I Like Instead?
Example: <i>I hate the apartment I live in because it is so noisy.</i>	Example: <i>I would prefer to live in an environment that is more soothing so that I can feel at peace when I am there.</i>
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.