

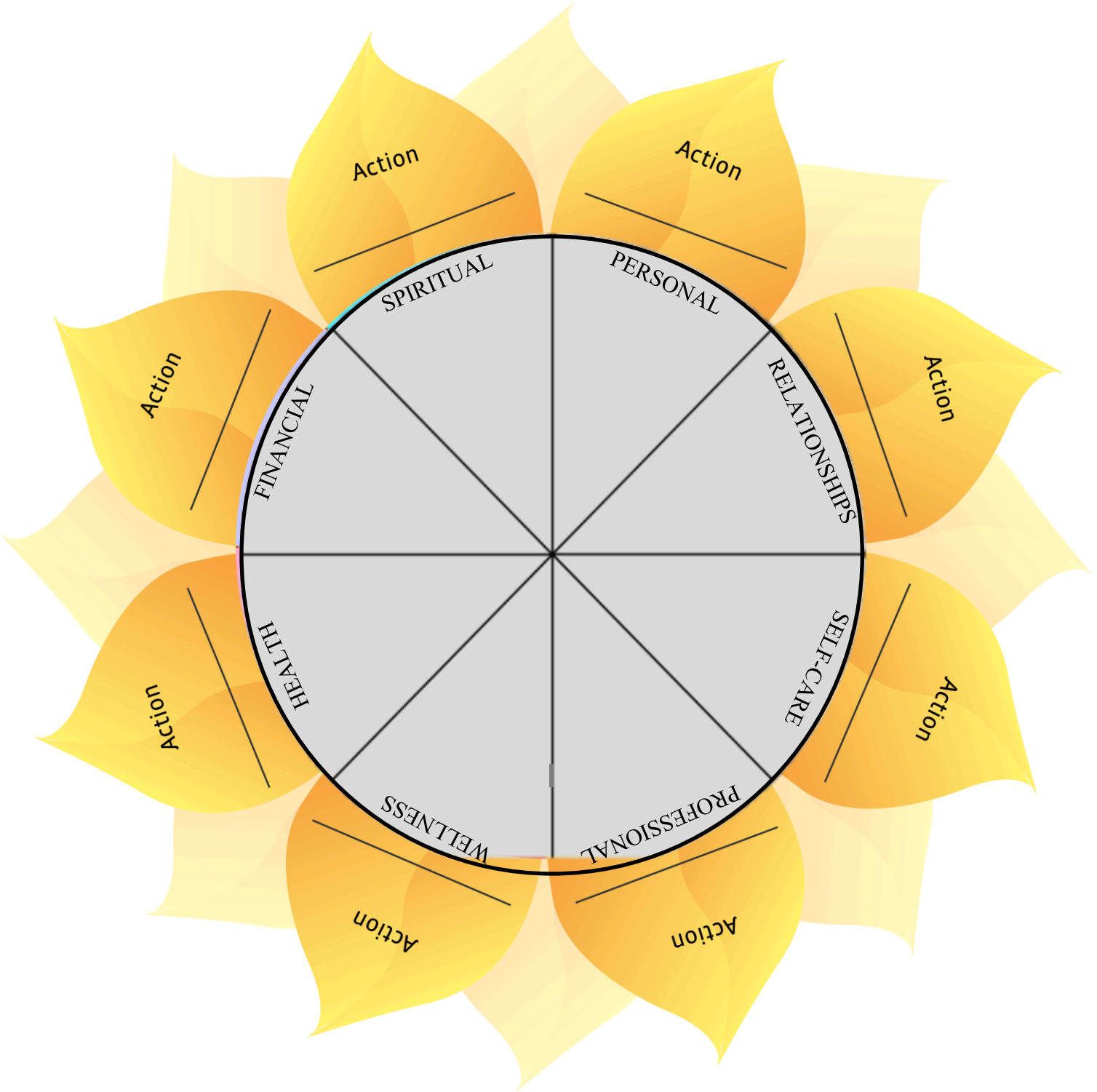


Brighten Up Your Life!



YOUR NAME: _____

TODAY'S DATE: _____





Brighten Up Your Life!

PART 1 - COMPLETE THE SUNFLOWER:

1a. Review the 8 categories in the Sunflower thinking briefly what a happy, satisfying life might look like for you in each area.

1b. Choose a value between 1 (unfulfilled) and 10 (fulfilled) and assign to each section.

PART 2 - LOOK AT YOUR COMPLETED SUNFLOWER & ANSWER THESE REFLECTIVE QUESTIONS:

1. Where does your life need brightening up? _____

2. What surprises are there for you? _____

3. How do you feel about your life as you look at your Sunflower? _____

4. What is missing from your life right now? _____

5. Which of these areas would you *most* like to improve? _____

6. What do you need to do to make space for these changes? _____

7. What help and cooperation from others might you need to make changes and brighten up your life?

8. What are the three areas you would most like to work on?

1. _____ 2. _____ 3. _____

PART 3 - CHOOSE ACTIONS:

3a. On page 3 write out one action you could take for each area in the petals.

3b. Finally, choose ONE Action you will take in the next week to brighten up your life.

I will _____



PS. OPTIONAL HOMEWORK: Journal and make a list of 3-5 bullets or write a short paragraph that describes what a score of "10" would look like in each area.

Personal Growth

Spiritual Growth

Professional Growth

Relationships

Financial Stability

Health

Wellness

Self-Care