

enjoy life life

This worksheet is a guide to promote discussion and thought about enjoying life using Think-Feel-Be resources

Sometimes with many demands and pressures in life, it is difficult to enjoy life as much as we could or should.

Make a list of 3 things you have that you appreciate and enjoy.

Make a list of 3 enjoyable times that you have had over the past 12 months.

Make a list of 3 things that you enjoy doing.

Make a list of 3 things that you do to have a rest or give yourself a break.

Make a list of 3 things that you have done to help someone else in the past 6 months.

Choose 2 words from the Think-Feel-Be enjoy life poster that you do well and think about what helps you do these things well.

Choose 2 words from the poster that you would like to improve in, and plan how you could improve in these areas.

think - feel - beTM