

## WHAT NEEDS TO BE CHANGED IN MY LIFE?

Your life may be disrupted by circumstances that you wish were different. Or, there may be a set of circumstances that you wish were present in your life that are absent. You may also be searching for resources that can provide you with some assistance to resolve the problems facing you. This assignment is designed to help you clarify those issues and bring you closer to making changes to improve your life.

1. List those circumstances that are present in your life that are contributing to your dissatisfaction, stress, or frustration. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Describe why each of the circumstances listed leads to dissatisfaction. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. List those circumstances that you wish were present in your life and that you believe would increase your sense of fulfillment. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. List those activities that you wish you were involved in and that you believe would increase your quality of life. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



5. What changes would you like to occur for you to be less stressed and more happy?

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6. What, if any, responsibilities would you like to share with others in order to reduce your burden? \_\_\_\_\_

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7. Now it is time for you to brainstorm possibilities that exist in your life that may have been overlooked. These possibilities include resources that could be helpful to you to resolve crises that you face. In the following spaces, fill in the names of people, organizations, or activities in the various categories listed that could be sources of support.

Family members: \_\_\_\_\_

Friends: \_\_\_\_\_

Neighbors: \_\_\_\_\_

Self-help group members: \_\_\_\_\_

Counselor: \_\_\_\_\_

Coworkers: \_\_\_\_\_

Clergy: \_\_\_\_\_

Service organizations: \_\_\_\_\_

Church members or groups: \_\_\_\_\_

Educational classes: \_\_\_\_\_

Other resources: \_\_\_\_\_

8. Select three resources from your list and describe how these could be helpful to you and how you might begin to include them in your daily life.

Resource 1: \_\_\_\_\_

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Resource 2: \_\_\_\_\_

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Resource 3: \_\_\_\_\_  
\_\_\_\_\_  
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