

EXERCISE: AFTER THE COURSE

1. ASSESS WHICH PARTS OF THE LIFE SKILLS COURSE YOU KNOW WELL AND WHICH STILL NEED MORE ATTENTION.

	Know well	Needs more attention	Notes and comments
A Meaningful Life For Me: My needs, values, and goals			
Basics of Good Everyday Life : eating, sleep, and exercising.			
Stress, time management and relaxing			
Recognising your thoughts and processing them			
Emotions, self-knowledge, and self-esteem			
Social skills and human relationships			
Be the VIP of your own life			

2. IF YOU LIKE, USE THIS TABLE WHEN YOU'RE THINKING ABOUT WHICH PARTS OF YOUR LIFE YOU WOULD ESPECIALLY WANT TO CONCENTRATE ON AFTER THE COURSE.

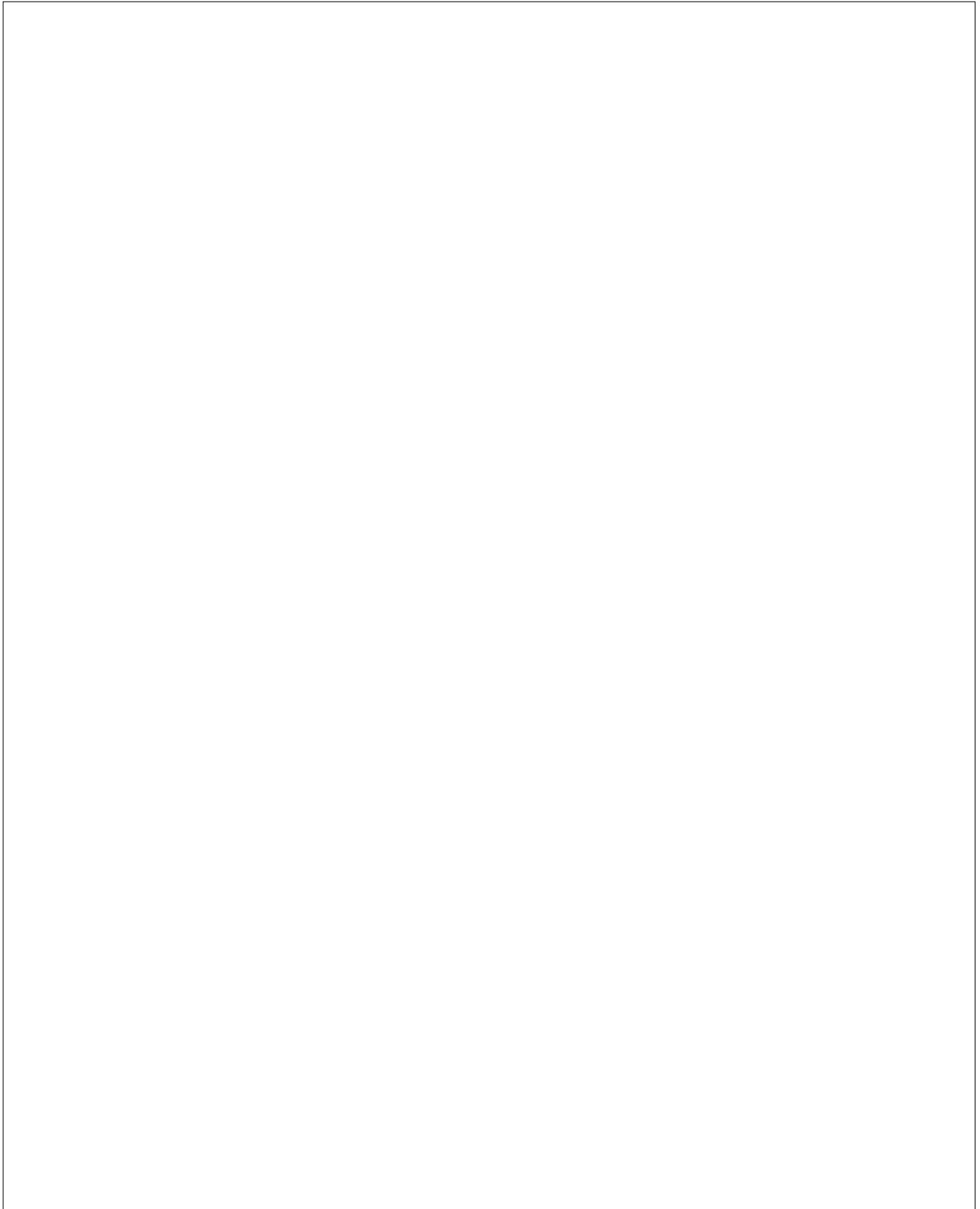
Decide on a concrete goal to aim at.

My goal:

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3. THEN, WRITE DOWN SMALL STEPS WHICH HELP YOU REACH YOUR GOAL AS TIME GOES BY.

Think about what you can do right now, and what you can do, for instance, in six months.

A large, empty rectangular box with a thin black border, intended for the user to write down small steps to reach their goal. The box is positioned below the instruction text and occupies most of the lower half of the page.