

LIFE AS IS

Reflection takes time, a serious amount of effort, and requires a calm mind to make decisions on what aspects of your life are serving you or not. Use this activity to begin this journey.

Directions: Take a deep breath. Now, think about your life, list some things you do not like. They can be situations, experiences, obstacles, people, really anything about you or the world. Next to each item, take a moment to think, then circle one of the following: Change It (ideally if it is easy); Accept It for what it is (if it is something that cannot be changed); React to It; or Reject It and walk away.

Purpose: No matter your age, life can feel a bit out of control. You will come across obstacles and sometimes feel at a loss of how to move forward. It is easy to feel stuck because of a situation, and this feeling can grow and grow. The next thing you know, it's defining what you do. Instead, think about the obstacles in your life. List them. When you write them down, they don't feel as big. Then define how you would like to move forward. What decision do you go with? Why? And if you are really stuck, talk to someone. A fresh perspective may make it easier to find new solutions or hope.

List of Events, Situations, Obstacles, People, etc:

1	_____	Change It	Accept It	React to It	Reject It
2	_____	Change It	Accept It	React to It	Reject It
3	_____	Change It	Accept It	React to It	Reject It
4	_____	Change It	Accept It	React to It	Reject It
5	_____	Change It	Accept It	React to It	Reject It

