

My Personal Inventory

Complete each of the sentences below to create your own personal inventory of the people and things that make you happy. Keep your list handy, and pull it out on difficult days to remind yourself of the many positive things in your life.

I'M NOT ALONE. I have...

My family

THERE ARE THINGS I CAN DO. I enjoy...

Dining out with friends

I CAN PLAN AHEAD. I look forward to...

Seeing a loved one graduate
