Discovering Your Good Life Worksheet

On this worksheet are several key areas of life. Think about the bigger picture - where you have been, where you are right now, and where you want to be. As you complete this worksheet, consider what you have learned in Levels One, Two, & Three about stress and its impact on your well being.

Family

Is this area important to you? How important?
______________________________________________________________________________
______________________________________________________________________________

How has stress impacted this area of your life?
______________________________________________________________________________
______________________________________________________________________________

What are your SMART goals to improve this area of your life over the next week?
______________________________________________________________________________
______________________________________________________________________________

Intimate Relationships

Is this area important to you? How important?
______________________________________________________________________________
______________________________________________________________________________

How has stress impacted this area of your life?
______________________________________________________________________________
______________________________________________________________________________

What are your SMART goals to improve this area of your life over the next week?
______________________________________________________________________________
______________________________________________________________________________

© 2013 Santa Clara University Counseling & Psychological Services
Friends

Is this area important to you? How important?

______________________________________________________________________________
______________________________________________________________________________

How has stress impacted this area of your life?

______________________________________________________________________________
______________________________________________________________________________

What are your SMART goals to improve this area of your life over the next week?

______________________________________________________________________________
______________________________________________________________________________

Education

Is this area important to you? How important?

______________________________________________________________________________
______________________________________________________________________________

How has stress impacted this area of your life?

______________________________________________________________________________
______________________________________________________________________________

What are your SMART goals to improve this area of your life over the next week?

______________________________________________________________________________
______________________________________________________________________________
Extracurricular Activities/Hobbies

Is this area important to you? How important?

______________________________________________________________________________

How has stress impacted this area of your life?

______________________________________________________________________________

What are your SMART goals to improve this area of your life over the next week?

______________________________________________________________________________

Physical & Mental Health/Self-Care

Is this area important to you? How important?

______________________________________________________________________________

How has stress impacted this area of your life?

______________________________________________________________________________

What are your SMART goals to improve this area of your life over the next week?

______________________________________________________________________________
Campus/Community Involvement

Is this area important to you? How important?

______________________________________________________________________________
______________________________________________________________________________

How has stress impacted this area of your life?

______________________________________________________________________________
______________________________________________________________________________

What are your SMART goals to improve this area of your life over the next week?

______________________________________________________________________________
______________________________________________________________________________

Career

Is this area important to you? How important?

______________________________________________________________________________
______________________________________________________________________________

How has stress impacted this area of your life?

______________________________________________________________________________
______________________________________________________________________________

What are your SMART goals to improve this area of your life over the next week?

______________________________________________________________________________
______________________________________________________________________________
Spirituality/Faith

Is this area important to you? How important?
______________________________________________________________________________
______________________________________________________________________________

How has stress impacted this area of your life?
______________________________________________________________________________
______________________________________________________________________________

What are your SMART goals to improve this area of your life over the next week?
______________________________________________________________________________