

THREE HIGHS, THREE LOWS WORKSHEET

STEP ONE - THE HIGHS

Reflect on your life so far and describe, in detail, the following:

The three best days or experiences of your life.

1.

2.

3.

Your three greatest successes.

1.

2.

3.

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Why do you classify these experiences as positive?

What lead to them?

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STEP TWO - THE LOWS

Reflect on your life so far and describe, in detail, the following:

The three worst days or experiences of your life.

1.

2.

3.

Your three biggest failures.

1.

2.

3.

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Why do you classify these experiences as negative?

What lead to them?

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STEP THREE - THE ADVICE

Write a list of short pieces of advice to help you achieve more highs and less lows.

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PUTTING IT TOGETHER

After finishing step three, look back over your writing. (TIP: Reading this out loud is even better!) What stands out to you? Look for common themes and ideas to help you generate a list of what you truly value in life. Don't edit, just write!

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Brainstorm some ideas for core values from this list and begin prioritizing them. If you could only keep one, which would it be? Continue this process until you narrow your list to 5 to 10 values.

Give each value a compelling name: