

Circle items in each category that is relevant to your experience.

What makes you flow?

- Purpose / Goal / Direction
- Vision
- Mentor / Community Support / Guidance
- Friendship / Companionship
- Patience
- Gratitude / Grace / Thankfulness
- Hope
- Recognition
- Good communication
- Cooperation
- Kindness
- Belonging
- Appreciation
- Acceptance
- Connection
- Respect
- Nurture
- Authenticity
- Honesty
- Creativity
- Transparency
- Commitment
- Rest and Sleep
- Solitude
- Peace
- Resilience / Perseverance
- Mutuality
- Laughter / Joy / Fun
- Play
- Presence
- Freedom
- Inspiration
- Choice / Autonomy
- Space
- Meaning
- Awareness
- Tenderness
- Inclusion
- Learning & Growth
- Self-Respect
- Healing
- Vision / Dreams
- To Grieve
- Love
- Consideration
- Empathy
- Community
- Understanding
- Trust
- Support
- Stability
- Safety
- Exercise
- Financial Security:
Shelter, Food, Etcetera

What helps you rise?

- To be healthy again
- To have balance in my life - not become overwhelmed
- Be skilled with good coping skills
- Be physically strong
- Accept myself, be kind to myself, forgive myself
- Have a good social support around me
- Be more focused
- Be more responsible
- Become a musician
- Become a professional
- Have a degree in _____
_____ (field of expertise)
- Be more in touch with joy
- More patient
- More independent (have freedom)
- Faith
- More peace
- Have purpose & meaning in my life
- Hope
- Love for others and myself
- Share my gifts with others; Be of service to the community & the world
- Become a black belt in _____
- OTHERS? _____

What is/are your obstacle(s)?

- Perfectionism
- Intense grief (death, break-ups, divorce, major life change, loss of financial security)
- No safety at home or at school
- Mental health struggle:
 - Obsessive thoughts & worries, negative thoughts (intrusive?)
 - Judging myself negatively, negative self-image (self-harm?)
 - Volatile / explosive anger
 - Feeling empty, hopeless, despair
- Unhealthy (dangerous) life choices
- Not seeking help (Belief: I don't need help. I can do this by myself, I don't need anyone)
- Isolating myself from others
- Negative coping mechanism (example, self-medicating with *dangerous* substances)
- Not seeking help/guidance with my addiction
- Overwhelming toxic/unhealthy relationships in my life
- Too much social media
- Blaming - not taking self-responsibility
- Over-helping others without setting good boundaries (self-care) for myself
- Avoid commitment
- Avoidance of discomfort, or anything unfamiliar
- Avoid therapy for my trauma
- Unhealthy eating habits
- OTHERS not listed?

Who is your source of Wisdom?

- Sibling, cousin _____
- Grandparent(s) _____
- Uncle/Aunt _____
- Myself _____
- My therapist / counselor _____
- My psychiatrist _____
- My nurse(s) _____
- Behavioral Tech(s) _____
- Social Worker _____
- Activity Coordinator _____
- My friend(s) _____
- My significant other (girlfriend/boyfriend, partner, spouse)
- My support group(s) that I'm a part of
- My teacher or professor at school
- My life coach
- Person with wisdom (writer, philosopher, scholar, scientist)
- My higher power
- My church pastor or religious leader
- My ancestor
- An inspiring person (a leader)
- An author, writer
- My pet(s) _____
- OTHERS not listed?

Write or draw your notes

