

Understanding My _____ Exercise

(Fill in the blank. Examples anger, stress, depression etc.)

1. Important to you and you CAN do something about it: Ex., Mental Health

2. Important to you and you Cannot do something about it: Ex., Health of a loved one.

3. Not important to you and and you can do something about it : Ex., Missing a TV show

4. Not important and you Cannot do something about it: Ex, How other people run their home