**Wish List**

Please complete the following by putting a checkmark next to each

item of interest. Check as many boxes as you'd like.

**I WOULD LIKE TO BECOME MORE:**

[ ]  Social

[ ]  Intellectual

[ ]  Productive

[ ]  Service-Oriented

[ ]  Involved In the Community

[ ]  Fun-loving

[ ]  Well-Read

[ ]  Educated

[ ]  Well-Traveled

[ ]  Skilled

[ ]  Creative

[ ]  Artistic

[ ]  Physically Active

[ ]  Family-Oriented

[ ]  Thoughtful

[ ]  Giving

[ ]  Spiritual

[ ]  Relaxed

[ ]  Happy

[ ]  Goal-Oriented

[ ]  Religious

[ ]  Playful Financially

[ ]  Prosperous

[ ]  Healthy Independent

[ ]  Knowledgeable about Click or tap here to enter text.

[ ]  Involved in a new relationship

[ ]  Involved in an organization

[ ]  Involved in Click or tap here to enter text.

An activity I'd most like to explore:

Click or tap here to enter text.

**Client Intake Form**

The five ways I’d like to grow in next year.

1. Click or tap here to enter text.

2. Click or tap here to enter text.
3. Click or tap here to enter text.
4. Click or tap here to enter text.
5. Click or tap here to enter text.



Take each of these 5 questions and complete the following sentences.

Example: “I could become more physically active by going to the gym

3 times a week.”

Use positive action and detailed sentences. In other words, stating “I could become more loving to my wife by treating her better”. This statement is too broad you might state instead “I could become more loving to my wife by taking her out on a date night a week”

1. I could become more Click or tap here to enter text. by Click or tap here to enter text.

2. I could become more Click or tap here to enter text. by Click or tap here to enter text.

3. I could become more Click or tap here to enter text. by Click or tap here to enter text.

4. I could become more Click or tap here to enter text. by Click or tap here to enter text.

5. I could become more Click or tap here to enter text. by Click or tap here to enter text.

**Handout**

Earn Respect and Credibility

**Step I: Build your character**

●     Develop self-esteem

●     Be accountable for your actions

●     Honor your commitments

●     Follow-through

●     Maintain dignity

**Step 2: Be Dynamic**

●     Participate with charisma

●     Use effective non-verbal’s (smile, eye contact, posture)

●     Have energy

●     Exercise to maintain daily energy

●     Learn and remember people's names

●     Become a better listener

**Step 3: Be positive**

●     Use affirmation statements

●     Encourage, and praise others

●     Let go of the past

●     Exercise forgiveness and compassion

**Step 4: Focus on win/win outcomes**

●     Assist others in succeeding

●     Give to your community