



LIFE REVIEW

Name: _____

Date: _____

My Relationships

Who makes me laugh: _____

Who I can talk to: _____

Who makes me feel good about myself: _____

Questions or concerns I have about my relationships:

I can do the following to improve this area of my life:

My Family

How I would describe my family life: _____

Things I like about my family: _____

Things I would like to work on with my family: _____

Questions or concerns I have about my family: _____

I can do the following to improve this area of my life:

My Health/Body

What I like about my health/body: _____

Things I do to take care of my health/body: _____

What I would like to work on with my health/body: _____

Questions or concerns I have about my health/body: _____

I can do the following to improve this area of my life:

Personal

What do I like? _____

What would I like to do or learn? _____

What would I like to work on? _____

What did I dream about when I was a little girl? _____

What do I dream about today? _____

My successes: _____

My life lessons: _____

I can do the following to improve this area of my life:

School/Job

My job: _____

What I like about my classes/job: _____

What I don't like about my classes/job: _____

What my school/job gives me: _____

Questions or concerns I have about my classes/job: _____

I can do the following to improve this area of my life:
