

Reasons for Getting Better

Identify areas in your life that are positive. What is special to you and what do you value?

- Include such things as: family, friends, work, music, sport, hobbies and spirituality or anything else that is meaningful to you.
- You can write a list including as much description as you like. You can also include pictures, photographs, poems, song titles or lyrics, motivational sayings, Bible scriptures or drawings.
- Include anything that makes you feel good when you see it or read it and would be worth improving your health for.
