

4 Managing Your Mindset | SMART Goals



3 Reasons I want to live:	RATE (1-10)
1.	
2.	
3.	

Who would I miss if I was not around?	RATE (1-10)
1.	
2.	
3.	
4.	
5.	
6.	

What would I miss if I was not around?	RATE (1-10)
1.	
2.	
3.	
4.	
5.	
6.	