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“Don’t Shoot The Unicorn!” Finding Transformative Happiness and Resilience Through Developing Your “Anditude”!


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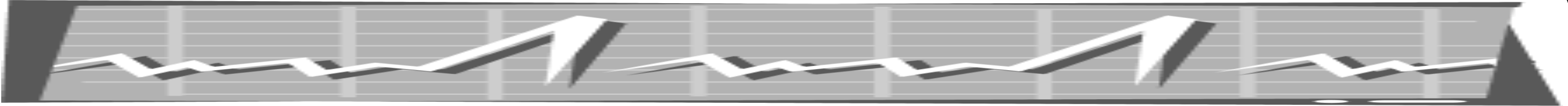
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My "Life" EKG...



	<i>School/Work</i>	<i>Finances</i>	<i>Exercise</i>	<i>Play</i>	<i>Romance/ Adventure</i>	<i>Community</i>	<i>Family</i>	<i>Mindfulness</i>	<i>Intimacy/ Connection</i>	<i>Acceptance of Reality</i>	<i>Spirituality</i>	<i>Authenticity</i>
<i>Fully Satisfied</i>	7	7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1
<i>Not Satisfied</i>												

1 _____

2 _____



I will work to **ACKNOWLEDGE** that I am a UNICORN! One of a kind. And to recognize that the changes I make in this world will be the result of *my own* unique combination of gifts, talents, and experiences!

I will **AVOID** emotional vulnerability by recommitting myself to:

- ___ Treating Physical Illnesses
- ___ Laughter
- ___ Exercise
- ___ Avoiding Mind/Mood altering substances
- ___ Sleeping well
- ___ Eating well

*(And... I will get *really good* at ... _____)

I will work to **APPRECIATE** the life-changing experiences I've had, and will plan for more:

- | | |
|---|---|
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |

I will practice being **AWARE** of how I feel, without _____ my emotions, so that I can avoid turning my _____ into _____.



I will work to develop my **ANDITUDE!**

I want to change:

- 1
- 2
- 3

About myself...

AND...

"... I recognize that right now, even without those changes, I am loveable, capable, worthy, and valuable. as I am. I am deserving of respect."

I will work to **ACCEPT** these things I cannot change:

I will commit to **ACTING OPPOSITE** to the emotions I have that aren't effective for me.

**(I will use the 90-Second Rule!)*

