

EXERCISE: FROM SEEKING PARADISE TO GOING FOR A JOYRIDE

How do you go about achieving happiness in your life?

	Destination Paradise <i>Describe your goal and how you have tried to get what you want in the past.</i>	Joyride <i>Describe one way you can be more focused on the HOW of the journey toward these goals.</i>
<i>Example: weight loss</i>	<i>Losing weight by strict dieting; regaining it all; dieting again</i>	<i>Changing focus to eating right and exercising to be healthy</i>
Personal Physical and emotional health; identity; self-esteem		
Relationships Significant other, children, parents, friends, coworkers		
Career/Education Career decisions; attitude toward work		
Spiritual Spiritual practice; time for reflection, etc.		
Financial/Everyday Stuff Managing finances; daily routine and stressors		