



Life Transitions

Are you prepared for the journey?

Read each item and check (✓) the ones that correspond to behaviors you adopt most of the time.

1. Enough fuel?

- I eat a well-balanced diet
- I get enough sleep
- I exercise regularly
- I allow myself some quiet time

2. An appealing itinerary?

- I establish realistic goals for myself
- I concentrate on the most important goals
- I recognize and accept my limits
- I try to solve problems as they arise

3. A good mental outlook?

- I recognize and accept my emotions
- I can remove myself from a situation before I act
- I can express how I feel
- I avoid dwelling on past issues

4. A good traveling companion?

- I am willing to share the load
- I have at least one good friend on
whom I can count
- I give and receive affection
- I ask for help when I need it

5. Psycho-vaccines for bugs?

- I learn from my mistakes
- I can let go of something when it threatens my
well-being
- I can laugh at unexpected events
- I view difficult situations as challenges

The more items you've checked (✓ = max of 20),
the better your chances of finding happiness on the
journey through life!

Bon voyage!