

### Problems and Things I Would Like to Change

Write down your problems and things about your life that you would like to change – in brief, point form (don't worry about sentences, or spelling, or grammar). Use additional paper if you like.

Family: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Friends: \_\_\_\_\_

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\_\_\_\_\_

Work/School: \_\_\_\_\_

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Lifestyle: \_\_\_\_\_

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Finances: \_\_\_\_\_

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Others: \_\_\_\_\_

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