



Accumulating Positive Emotions: Long Term

Accumulate positive emotions in the long term to build a “life worth living.”

That is, make changes in your life so that positive events will occur in the future.

Step 1. Avoid avoiding.

Start now to do what is needed to build the life you want. If you are not sure about what to do, follow the steps below.

Step 2. Identify values that are important to you.

ASK: What values are really important to me in my life?

Examples: Be productive; be part of a group; treat others well; be physically fit.

Step 3. Identify one value to work on now.

ASK: What is really important to me, right now, to work on in my life?

Example: Be productive.

Step 4. Identify a few goals related to this value.

ASK: What specific goals can I work on that will make this value part of my life?

Examples: Get a job where I can do something useful.

Be more active keeping up with important tasks at home.

Find a volunteer job that will use skills I already have.

Step 5. Choose one goal to work on now.

Do pros and cons, if necessary, to select a goal to work on now.

Example: Get a job where I can do something useful.

Step 6. Identify small action steps toward your goal.

ASK: What small steps can I take to get to my goal?

Examples: Visit places and look for job openings on the Internet in my area.

Submit applications for jobs at places I want to work.

Write résumé.

Check out benefits at places I might want to work.

Step 7. Take one action step now.

Example: Go on Internet and check for jobs in my area.



Values and Priorities List

In my own Wise Mind, I believe it is important to:

A. Attend to relationships.

1. Repair old relationships.
 2. Reach out for new relationships.
 3. Work on current relationships.
 4. End destructive relationships.
- Other: _____

B. Be part of a group.

5. Have close and satisfying relationships with others.
 6. Feel a sense of belonging.
 7. Receive affection and love.
 8. Be involved and intimate with others; have and keep close friends.
 9. Have a family; stay close to and spend time with family members.
 10. Have people to do things with.
- Other: _____

C. Be powerful and able to influence others.

11. Have the authority to approve or disapprove of what people do, or to control how resources are used.
 12. Be a leader.
 13. Make a great deal of money.
 14. Be respected by others.
 15. Be seen by others as successful; become well known; obtain recognition and status.
 16. Compete successfully with others.
 17. Be popular and accepted.
- Other: _____

D. Achieve things in life.

18. Achieve significant goals; be involved in undertakings I believe are significant.
 19. Be productive.
 20. Work toward goals; work hard.
 21. Be ambitious.
- Other: _____

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E. Live a life of pleasure and satisfaction.

22. Have a good time.

23. Seek fun and things that give pleasure.

24. Have free time.

25. Enjoy the work I do.

Other: _____

F. Keep life full of exciting events, relationships, and things.

26. Try new and different things in life.

27. Be daring and seek adventures.

28. Have an exciting life.

Other: _____

G. Behave respectfully.

29. Be humble and modest; do not draw attention to myself.

30. Follow traditions and customs; behave properly.

31. Do what I am told and follow rules.

32. Treat others well.

Other: _____

H. Be self-directed.

33. Follow my own path in life.

34. Be innovative, think of new ideas, and be creative.

35. Make my own decisions and be free.

36. Be independent; take care of myself and those I am responsible for.

37. Have freedom of thought and action; be able to act in terms of my own priorities.

Other: _____

I. Be a spiritual person.

38. Make room in life for spirituality; live life according to spiritual principles.

39. Practice a religion or faith.

40. Grow in understanding of myself, my personal calling, and life's real purpose.

41. Discern and do the will of God (or a higher power) and find lasting meaning in life.

Other: _____

J. Be secure.

42. Live in secure and safe surroundings.

43. Be physically healthy and fit.

44. Have a steady income that meets my own and my family's basic needs.

Other: _____

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K. Recognize the universal good of all things.

45. Be fair, treat people equally, and provide equal opportunities.

46. Understand different people; be open-minded.

47. Care for nature and the environment.

Other: _____

L. Contribute to the larger community.

48. Help people and those in need; care for others' well-being; improve society.

49. Be loyal to friends and devoted to close people; be committed to a group that shares my beliefs, values, and ethical principles.

50. Be committed to a cause or to a group that has a larger purpose beyond my own.

51. Make sacrifices for others.

Other: _____

M. Work at self-development.

52. Develop a personal philosophy of life.

53. Learn and do challenging things that help me grow and mature as a human being.

Other: _____

N. Have integrity.

54. Be honest, and acknowledge and stand up for my personal beliefs.

55. Be a responsible person; keep my word to others.

56. Be courageous in facing and living life.

57. Be a person who pays debts to others and repairs damage I have caused.

58. Be accepting of myself, others, and life as it is; live without resentment.

Other: _____

O. Other: _____
