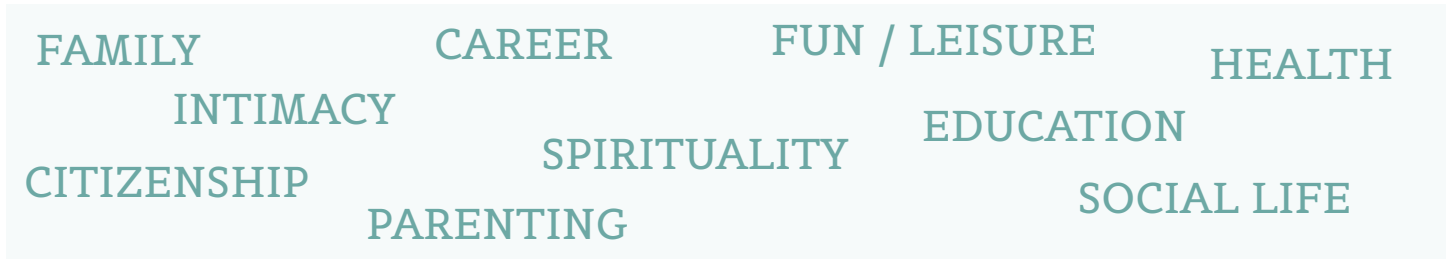


BUILDING POSITIVE EMOTIONS: LONG TERM



Taking small steps towards our values and long-term goals allows us to move towards a meaningful and happy life. Consider what values and goals are important to you, and how you might be able to start taking small steps towards them.

Ask yourself, how important are these values in my life? Rate them 0-10 (0= not important, 10 = very important). Include any other values that reflect who you are. Consider ways you would like to integrate these values into your life, for yourself, your baby and family.

VALUE/GOAL	WHAT I WANT FOR MYSELF	WHAT I WANT FOR BABY	ACTIONS TO TAKE NOW	ACTIONS TO AVOID
EX. Value: Family Goal: Make time with family a priority.	Improve relationships with mom	To know his/her grandparents	Invite them for regular event (i.e. Sunday dinner, etc.)	Blaming and anger. Avoiding asking.