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HELPING YOU PEACE IT TOGETHER

COUNSELING SERVICES

10

Ways  
To Peace  
Your Life  
Back Together



# 10 Ways To Piece Your Life Back Together

1. Create a daily routine that you can stick to. This can help you stay organized and focused throughout the day.
2. Set achievable goals for yourself. Make a list of things you want to accomplish and work towards them one step at a time.
3. Declutter your living space. A clean and organized environment can help reduce stress and increase productivity.
4. Prioritize self-care. Take time to do things that make you happy and relaxed, such as reading, exercising, or meditating.
5. Practice good time management. Use tools like calendars and to-do lists to keep track of your schedule and tasks.
6. Learn to say no. Don't overcommit yourself and prioritize your own needs and well-being.
7. Build a support system. Surround yourself with positive and supportive people who can help encourage and motivate you.
8. Manage your finances. Create a budget and stick to it, and work towards paying off any debts or saving for future goals.
9. Focus on personal growth. Continuously learn and develop new skills, and challenge yourself to step outside of your comfort zone.
10. Stay positive and embrace change. Remember that life is always changing, and try to approach challenges with a growth mindset.



# CHECKLIST

FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT.

## MORNING SELF-CARE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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## NIGHT SELF-CARE

<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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# SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE.  
USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	

# LIFE GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

<b>CATEGORY</b>	<b>WHAT I'M DOING WELL</b>	<b>WHERE I NEED IMPROVEMENT</b>	<b>MY GOALS</b>
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			