



Until next meeting

1

Do any **Focus exercise** five times.

2

Do one **goal behavior** within each of the life areas Health, Work/activity, Relations, and Leisure.

3

Use **focus training**, **perspective**, **acceptance**, and **life values** when you do the goal behaviors.

4

Check the **Yes-box** when you have completed the homework.

5

Write a **comment** about how it was to do the homework. For example, if it was difficult or easy, how long time it took to do it, or similar.

Completed the homework?

Yes

No

Comments