

*I PLEDGE TO KEEP MYSELF
ACCOUNTABLE AND RESPONSIBLE
FOR THE SUCCESS OF MY*

- ★ WANTS
- ★ REQUIREMENTS
- ★ NEEDS

**WHAT IS MY NEED IN THIS CURRENT
MOMENT?**

SURVIVE VS. LIVE

Survival is categorized by the following
criteria:

- Working to put food and roof over my head
- No luxuries such as personal transportation, health insurance, or internet
- No home
- No family / friend support

Living is categorized by the following
criteria:

- Financial stability / health insurance
- Working towards future wants
- Owning more than one car or home

WHAT ARE MY REQUIREMENTS OF LIFE?

Requirements are not expectations but laws that you yourself abide by for your own existence. These are the standards by which you hold others and yourself accountable and responsible in action and reaction.

- MORALS
- ETHICS
- BOUNDARIES
- VALUES



WHAT IS MY WANT IN LIFE?

Your want is your deepest truth.

Practice asking yourself what you want in your simple daily tasks before you can tackle the big tasks.

YOUR **ULTIMATE WANT** ONLY COMES FROM DAILY PRACTICE AND DEDICATION TO YOUR

- ★ DESIRES
- ★ DREAMS
- ★ GOALS

HOW TO START?

Write your daily accomplishments as you write your to do list. To do lists are great but they do not give you as much satisfaction as a long list of accomplishments.

Accomplishment is any action taken during the day.

Example:

- Made my bed
- Walked my dog
- Watered my plants
- Communicated with ...

The goal is to start recognizing your own daily pattern and DECIDE what actions are beneficial to your WANT. Then making the necessary changes to reach your goals.

SMALLEST STEPS CREATE THE GREATEST VICTORIES.

Mental Health

