

*Valentino Therapy, 3030 Bridgeway, Suite 108, Sausalito, CA 94941*

Please add additional sheets or write on the back if necessary.

**Informal Self-Assessment** for \_\_\_\_\_ (date) \_\_\_\_\_

**All Around Comfort Level**

What part of your life feels flat or dead right now or \_\_\_\_\_?

What aspect of your life do you want to take more pride in?

What goal would be truly fulfilling?

**Write Your Own Care Manual**

What instructions would help you grow and mature even further?

What would be needed for you to grow, bloom and thrive (care instructions for a plant)?

If you need a sense of adventure, what care instructions would also keep you safe?

Who accepts and nurtures you and how?

What would you have to do to have a larger support system?

**The List**

What 10 specific activities, experiences or goals have you really wanted for yourself (perhaps for a long time)?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What activities brought you joy when you were younger?

Can you pick 2 from the above list to explore in the next month (30 days)?

**Fight Doubt or Fears or Lack of Self Confidence**

What's preventing you from setting and reaching new goals right now?

What do you think it would take for you to feel more self-confident right now (can't be a car, house, toy, etc.)?