Building a Better Life: A Good Lives and Self-Regulation Workbook
by Pamela M. Yates & David S. Prescott

Extended Exercise 6.3
My Goals and Strategies

EXTENDED EXERCISE INTRODUCTION

Exercise 6.3: This exercise is presented in an alternate layout that may be easier for some clients, and may allow for greater clarity for their responses as to whether the strategies they used to meet their goals were active or passive.
### Extended Exercise 6.3: My Goals and Strategies

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