

My Life

Check all the areas listed below over which you believe you have control in your life.

Appearance	Children
Skills	Spouse/boy or girlfriend
Attitudes	Home
Behavior	Income
What I think	Relatives
Knowledge	Transportation
Weaknesses	Child care
Education	Job
Self-belief	Chores/housekeeping
Independence	Health
Goals	Recreation
Decision making	Family time

Ultimately, you decide:

***What you think of yourself,
What you do with your life,
Who you are!***

Source: Adapted from *Skills for Taking Control of Your Life* (Penn State Extension)