

the NOTEBOOK MEETING

Assessment #2: Digging Deeper: (sample)

1. How do you describe your life?	2. What makes it so?	3. Prioritize your answers for the previous column. Where do you want to direct your attention first? Choose as many as you like.	4. Looking at what you wrote for column 3, write why you chose these as priorities.
Busy	Work overload, chores at home, too many commitments at church, kids' activities, caring for parents	Kids' activities Chores at home	<ul style="list-style-type: none"> • Driving time takes away from other things • We scramble for clean clothes • House is too dirty for guests
Full of conflict	Relationship with spouse, kids, extended family, boss	Relationship with spouse Relationships with kids	<ul style="list-style-type: none"> • We argue a lot • Kids and I yell at each other • I don't want to live like that
Broken	Depressed, divorced, addicted, abused, unemployed,	Depression Unemployment	<ul style="list-style-type: none"> • All I think about <p><i>(Please see special note at the end of this chapter.)</i></p>
Successful, looking for what's next	Happy family, great career, good health, growing spiritually	Spiritual growth Happy family	<ul style="list-style-type: none"> • Want to give & serve more • Want to enlarge family's dreams
Scattered	Disorganized at home, making mistakes at work, had a crisis	Organizing my house Getting past the crisis (car wreck, need \$ for repairs)	<ul style="list-style-type: none"> • This is where all of my energy is being spent right now

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