

Module V-Taking Care of You

Have to versus Want to Exercise

Activity

Individual Activity:

--Think about a typical day and how many have to's you have compared to the want to's. You may list them on the list below.

--Explore your feelings associated with the want to list and then explore feelings of the have to list.

<u>Have to</u>	<u>Want to</u>
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One way to be happier in our work life and personal life is to increase the want to's versus the have to's in our life.

You may divide into to small groups to

- Discuss the individual lists
- Ways to decrease the have to's
- Ways to increase the want to's