



## Accumulating Positive Emotions: Long Term

**A**ccumulate positive emotions in the long term to build a “life worth living.”

That is, make changes in your life so that positive events will occur in the future.

### **Step 1. Avoid avoiding.**

Start now to do what is needed to build the life you want. If you are not sure about what to do, follow the steps below.

### **Step 2. Identify values that are important to you.**

ASK: What values are really important to me in my life?

*Examples:* Be productive; be part of a group; treat others well; be physically fit.

### **Step 3. Identify one value to work on now.**

ASK: What is really important to me, right now, to work on in my life?

*Example:* Be productive.

### **Step 4. Identify a few goals related to this value.**

ASK: What specific goals can I work on that will make this value part of my life?

*Examples:* Get a job where I can do something useful.

Be more active keeping up with important tasks at home.

Find a volunteer job that will use skills I already have.

### **Step 5. Choose one goal to work on now.**

Do pros and cons, if necessary, to select a goal to work on now.

*Example:* Get a job where I can do something useful.

### **Step 6. Identify small action steps toward your goal.**

ASK: What small steps can I take to get to my goal?

*Examples:* Visit places and look for job openings on the Internet in my area.

Submit applications for jobs at places I want to work.

Write résumé.

Check out benefits at places I might want to work.

### **Step 7. Take one action step now.**

*Example:* Go on Internet and check for jobs in my area.