



# Strategies for Building a Life Worth Living

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## STEP ONE

# Identify and describe

Ask yourself, what do you see when you envision building a life that is worth living? 🧘

**Be as descriptive as possible:**



Focus this description on what this would look like for you. Try to turn away from any perceived or actual judgments from self and others, barriers, and/or challenges.

Take time to reflect on what is needed to reach your life-worth-living goal 🙌

## STEP TWO

# Assess

Take time to identify and evaluate your values and beliefs:



Do they still serve you?



Are there any underlying themes or possible dysfunctional thought patterns at play?



Do these fuel negative emotions and actions that are counterintuitive to reaching your goals?



Are your reactions based on assumptions rather than facts?



**For example,** you struggle with effective communication (shut down, avoid, or react aggressively when triggered). And it's hard for you to form or maintain relationships.

**The underlying beliefs at play** could be that people will hurt you if you open up or that you can't trust others.

Or, possibly, the opposite in that conflict is bad.

Or you won't be accepted if you disagree with others. 🙄

**Then, identify any obstacles in your external environment as well as internal capabilities:**

Are you **willing** but **not able** to work toward goals due to a skill deficit in some area?



Are you **able** but **not willing** to take steps toward your goals due to a lack of motivation, self-defeating tendencies, fear, or other factors?



**For example,** if part of this goal is to be successful at selling your own art, but you lack confidence in your work, financial start-up, or the ability to manage social situations.

These would reflect **external** and **internal** challenges you should identify.

## STEP THREE

# Generate solutions

Of those challenges you identified, reflect on whether each obstacle is **a problem to be solved** or **if managing the emotion is dominant**.



### **If the problem can be solved,**

explore wise-mind options to react effectively:

- Focus on being aware of the emotion you are feeling and identify the primary need and validate this for yourself
- Identify the facts of the situation at hand **(not the situation you wish you were in)**
- Explore all options that are the most effective for meeting the need and moving forward

Refusing to acknowledge the situation for what it is and work with it can result in increased suffering and feeling stuck.

And digging your heels in and being willful (doing nothing or trying to fix or make the situation different) won't move you toward your goals.



### **If the problem cannot be solved,**

identify what feelings you're struggling with and options for tolerating, changing, or reacting effectively to the emotion itself.

## STEP FOUR

# Build mastery



**Break down longer-term goals into realistic steps.** Often it's helpful to work backwards – from the goal to your current state.

Once you have identified the steps toward the goal, **select the first step as your target.** This step should be challenging yet reasonable to achieve.



**Assess:** what skills and resources do you need to complete this task? Are your current behaviors congruent with what is needed to reach your goals?

**Start small and focus on reinforcing yourself** for any effort or the accomplishment of this task! This can be reflecting on pride in self, internalizing these accomplishments. Or building in an arbitrary reward/ reinforcement, such as doing something nice for yourself when the task is accomplished.



STEP FIVE

# Use everyday self-care practices to build resiliency

Find ways to move your body each day	Journal, meditate, ground yourself in nature	Find what works for you! Every person is different
Scan your body for any tension and engage in muscle relaxation	Connect to those that nurture your well-being	Find meaning in daily life and interactions. Engage in what feeds your soul
Do one thing each day that helps you feel confident	Build boundaries with others who may be toxic in your life	Practice kindness, grace, and validation of self when struggling
Incorporate pleasant events into your day-to-day life	You cannot just tell – you need to <b>show</b> your body you're safe and calm	Use positive affirmations. Set the alarm or add them to your calendar to make this part of your routine
Engage in Opposite Action when having urges to engage in problem behaviors or when experiencing difficult emotions	Identify and challenge any thought distortions (should, could, musts, and extreme language are indicators of this)	Be curious about your thoughts and feelings. Embrace the information they give you. Feelings are not facts!



## STEP SIX

# Generate solutions

Connecting to a therapist is a great step toward creating a life worth living. 🧡

The therapy relationship is a great vehicle for clarifying areas where you may feel stuck and working with you to find your own motivation for change.

It all starts with finding your **WHY** for making changes, to begin with!

### A primary goal of therapy is to help you to:

- Identify wants and needs that may be currently lacking
- Process experiences, health, and habits that may be contributing to mood symptoms
- And explore any unhealthy dynamics that are holding you back



**You're the only expert in your life.** And therapy is about helping you untap your full potential and arm you with the tools, resources, and supports to build a meaningful and fulfilling life.

The life where you feel prepared to tackle any challenges and stressors you may encounter on your pathway to building and sustaining a life worth living.



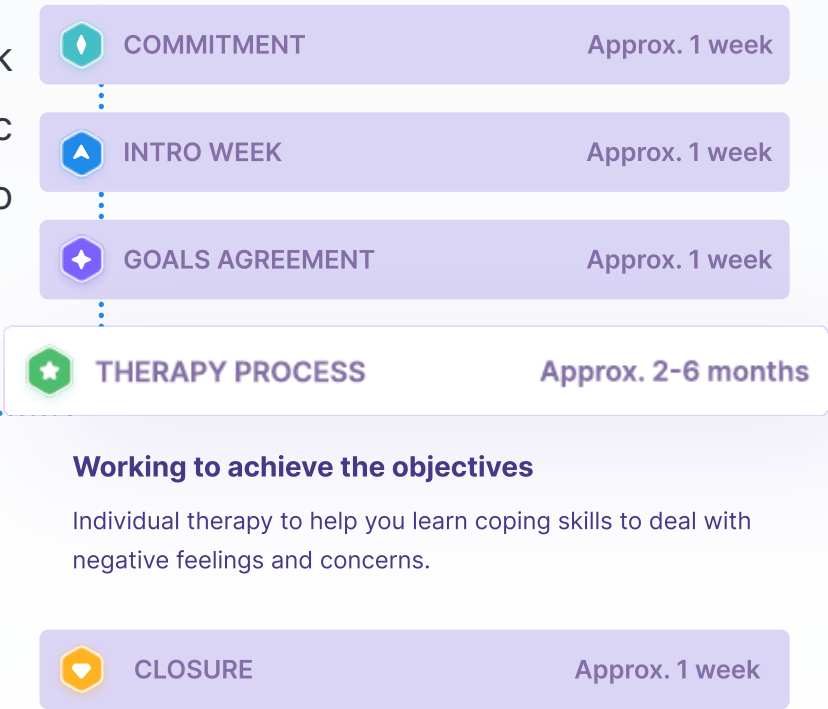
BONUS

# How Calmerry can help you build a life worth living

We all face times when it's hard to see how we're getting in our own way. Or it's difficult to fully realize the extent that negative experiences have contributed to distorted beliefs/ways of thinking that continue to fuel intense emotions and reactions.

**A therapist at Calmerry will provide** a safe, non-judgmental environment in which they can give objective observations and feedback to guide you towards deeper insight and increased skill development.

You and your therapist will work together to identify realistic goals and break these down into achievable steps.



**Working to achieve the objectives**

Individual therapy to help you learn coping skills to deal with negative feelings and concerns.



This work with your therapist often includes guided **development and coached application of skills** to:

- Effectively navigate challenges
- Manage distress
- Improve communication
- And improve mood regulation



This allows you to build mastery and confidence so that you can successfully tackle challenges and consistently move forward toward your goals now and in the future!

If you're struggling, please remember **the best thing you can do is to reach out for support**. Calmerry is here to help.

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