

Personal “Me” Bead

(ex. The Suzie Bead)

Your task is to create a personalized “Me” bead. To do this, you need to come up with 8 different possible activities that will help you work on your goals in treatment. Please feel free to be creative and to think outside the box. Be aware though that there are limits regarding time and money so make sure to come up with ideas that you will be able to do. We want you to actually be able to complete the bead that you create! ☺

When all 8 of these activities are created, share the bead with your therapist and values coach to get it approved. Once it is approved you can begin completing each activity. After all 8 of the activities are completed, plan a pass with your values coach so that you can purchase a specific bead that symbolizes your work and celebrates you accomplishing this assignment. Have fun!!!