

# Realistic Wishes

In the inner circle sections, fill in the "givens" in your life (meaning things you have no control over). In the X in the center, fill in the "if only's" from your life (the things you wish your person, self, or others to be but are not yet). Write in the remaining sections of the X the danger of living in a world of "if only's."

## THE GIVENS OF LIFE

