My Dreams & Goals



()	5 Minutes List the things that motivate you and that you want to achieve in life. When thinking of suicide, this list can help you remember your reasons to live.	
TI	nis motivates me:	
	My biggest dream in life is:	
TI	nree things I've always wanted to do:	
	My goals for the next 5 years are:	
la	am happy when:	
	I want to be alive because:	