



Who am I?...

The six adjectives which best describe me are.....

.....

When I was a young child I dreamed of.....

.....

When I was an adolescent I dreamed I would be an adult who.....

.....

The best thing that could happen to me would be.....

.....

The worst that could happen to me would be.....

.....

I feel at my best when.....

.....

I feel at my worst when.....

.....

The five people that inspire me are.....

.....

My six great strengths are.....

.....

My six great weaknesses are.....

.....

I feel good when I think of

.....

I feel bad when I think of.....

.....

I feel hopeful when I'm doing.....

.....

I feel despairing when I am doing.....

.....

I give of my best in situations where.....

.....

I hold myself back when.....

.....



I am motivated by.....

I release stress by.....

I enjoy myself by.....

I look after myself by.....

I would end a personal relationship if.....

I would give up my job for.....

I would risk my life for.....

Most people think I am.....

I think I am.....

When I die I would like to be remembered for.....

Now ask yourself:

Who would I be prepared to show this to?.....

What would be their response?.....

What have you learned about yourself?.....

Is there anything you would like to and could immediately change?.....