

Who am I?

Answer all questions with these perspectives in mind.

- Likes/dislikes
- Joys/sorrows
- Struggles/mistakes/triumphs/success
- Past/present/future

1. General:

Name:

Age:

Contact information:

Brief description of self and what you hope to achieve through this program:

2. Date/time/place of birth

Journal:

Parents – general description of them and your relationship

Siblings – same as above

General overview of your childhood, likes, dislikes, in agreement basic principles/
viewpoints or not

Current relationship to family

“take the lessons, leave the baggage behind “

Conclusions- strengths/weaknesses

3. Occupation – What is your work? Does it speak to you, or just pay the bills?

Journal:

History of work, labels/categories - future aspirations

4. Life Purpose –

Journal:

Do you have one? What is this? Finding one: likes/skills/gifts

5. Describe Yourself.

Journal:

- Type of person
- Joys/gifts/skills/likes
- Aspirations/goals/strategies
- Dreams
- Faith/belief system
- Views of death
- Health
- Relationship/ status/ skills (what you see as a foundation for any relationship, ie love, respect, etc.)
- Life position /status/responsibilities
- Fears

- Dislikes/concerns/triggers/stresses
- Perceived failures/lessons/ most importantly, growth and success

6. Summary/overview to create and achieve the desired “new you.”

Prioritize- what do you need and want, focus on these things, use self-control and will power to stay on track

Write your story, live your story. The world needs you and your tale. Shine brightly as the star you are meant to be...

“Treat yourself as if you already are what you would like to become”