

Who Am I?

What makes me unique or different from others? _____

If I could change one thing about myself, what would it be? _____

What qualities about myself do I hate? _____

What qualities about myself do I love? _____

What kind of a person do I want to be? _____

What one personality trait do I not have that I want? _____

What is one negative thing that I do that I want to stop? _____

What is one positive thing that I don't do and want to start? _____

Do I let others determine how I feel about myself? _____

When I really look in the mirror do I like what I see? _____

Would I ever start a conversation with a stranger? _____

Do I feel loveable? _____

Do I feel complete when I'm alone? _____

Do I get at least four hugs a day? _____

Do I feel like others listen to me? _____

Would I do my entire life over again if given the chance? _____

Do I feel in control of my life? _____

Do I let others push me around? _____

Do I feel comfortable expressing myself? _____

Do I treat myself and others with respect? _____

What one thing if I done would make me truly happy with my life? _____

Do I want to change my life? _____

Do I need to change my attitude? _____

Do I feel uncomfortable in my own skin? _____