

WHO I TRULY AM

I spend lots of time doing _____

I think often about _____

I emotionally depend on _____

(person, belief, action, animal etc)

I love _____

I hate _____

When I need to experience growth I _____

When I crave relaxation and rest I _____

To feel upbeat and alive I _____

I experience PURPOSE when I _____

I feel love when I communicate with _____

To feel safe and certain I _____

If you gave me 300 (\$ or £) to spend anyway I liked on myself I would _____

When I _____ I feel important and special

I use _____ to distract me from my negative feelings

I wish _____

I wish _____

I wish _____

I never ever want to _____

I always want to _____