

Example: sunsets, toes in the water, singing, dancing, and reading

What are my core values?

Example: compassion, honesty, courage, gratitude, and dependability.

[illegible]

Self-Discovery - I am _____

What activities make me lose track of time?

Example: dancing, knitting, reading, and a bath soak.

Self-Discovery - I am _____

What fears hold me back?

Example: confidence, age, failure, perfectionism and mental clutter.

Self-Discovery - I am _____

What do I want to learn or try?

Example: pottery, knitting, painting, hiking and gardening

[illegible]