



## Worksheet 1

# KNOW YOURSELF

*On these pages, get to know yourself better. Get clearer on who you are and who you want to be. Continue to add to it or cross things off as necessary. This is a work in progress and so are you.*

## WHO, WHAT, HOW?

*Who are you? What are your current labels? (parent, business owner, mentor, spouse, partner friend, etc.) Be specific and think outside the box. Use as much detail as you like.*

*What do you do? (career, hobbies, interests, etc.) Be specific and think outside the box. Use as much detail as you like.*

*What do you do? (career, hobbies, interests, etc.) Be specific and think outside the box. Use as much detail as you like.*

*How do you move through life? How do you express your who and your what?*

*What qualities and values are important to you? (kindness, loyalty, cleanliness, punctuality, etc.) Be specific and think outside the box. Use as much detail as you like.*

## STRENGTHS AND WEAKNESSES

*Write down what you consider to be your strengths and your weaknesses. Make a list. What do you handle well and what do you struggle with?*

*Now across from each strength write down a possible weakness that may be a result of this strength and vice versa for the weaknesses. (e.g. Strength: I can tolerate discomfort. Weakness: I tolerate more discomfort than I should.)*

*Can you see how strengths and weaknesses compliment each other?*

*Can you see how what you consider good or bad are just different sides of the same coin? How can this help balance your sense of balance and self?*



## PATTERNS AND LOOPS

*Awareness of the problem, leads to dissolution of the problem.*

*What am I ignoring in my life right now?*

*What thoughts nag at me that I push away?*

*What feelings come back again and again that I push down or run away from?*

*What patterns keep playing out again and again in my life?*

*1. In relationships?*

*2. At work?*

*3. In my family?*

*4. In myself?*

*What am I not proud of?*

*What thoughts do I obsess about?*

*What do I beat myself up about?*

*How do I distract myself?*

*What am I procrastinating about right now?*

*What drains my energy?*

## LOVES AND JOYS

*Remembering what makes me feel good and what I want for myself..*

*What makes me happy?*

*What make me feel good?*

*What do I enjoy doing?*



*What are my favorite dreams for myself?*

*What do I wish for?*

*What's on my bucket list?*

*How do I want to feel in my mind?*

*How do I want to feel in my body?*

*How do I want to feel in my life?*

*What did I love to do as a child?*

*What makes me excited?*

*What gives me energy?*

*How would I like to BE?*