

EMBRACING WHO I AM



Helping YOU
Choose a happier,
More fulfilling life

This exercise is intended to help you get clear on the things that are important to you. The resulting information would be useful in writing a personal mission statement, or a statement of values for yourself. It also reminds you of things you want more of in your life, so that you can move in the direction of more fully living your unique self.

I Get Pleasure from ...

I Love ...

I Believe ...

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My Deepest Values Are...	I Live Them By ...

My Strengths Are ...	I Live Them by ...

I Want to Be Remembered for ...