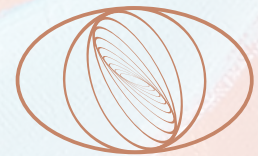


INQUIRIES TO GET CLEAR ON WHO YOU CHOOSE TO BE

- WRITE OR TYPE YOUR ANSWERS TO THE FOLLOWING QUESTIONS.
- USE A FREE-WRITING APPROACH (WRITE WITHOUT STOPPING FOR 1 - 2 MINUTES) TO EXPRESS WHAT COMES TO MIND IN THE MOMENT.
- AVOID PAUSING AND FIXING SPELLING OR GRAMMATICAL ERRORS.
- SUSPEND EXPECTATION AND JUDGEMENT, AND BE AS HONEST AS POSSIBLE.
- AFTER 2 - 3 DAYS, REVIEW WHAT YOU WROTE AND CHOOSE THREE QUESTIONS THAT STAND OUT TO YOU. REFINE YOUR RESPONSES TO THOSE QUESTIONS TO ONE OR TWO SUCCINCT STATEMENTS YOU CAN EXPLORE FURTHER

REFLECT

WHAT DO I THINK ABOUT?
WHAT DO I FEEL?
WHAT DO I ENJOY?
WHAT DO I DISLIKE / AVOID?



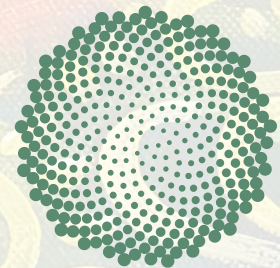
IDENTIFY

WHAT ARE MY DARK SIDE ATTRIBUTES?
WHAT ARE MY BOUNDARIES /LIMITS?
WHAT DO I ACCEPT ABOUT ME?
WHAT DO I WANT TO CHANGE ABOUT ME?



DEEPEN

WHAT DO I NOT KNOW ABOUT ME YET?
WHAT DO I STRUGGLE WITH?
WHAT ARE MY FEARS?
WHAT ARE MY STRENGTHS?



CREATE

IF THERE WERE NO SELF / LIMITS ON MY LIFE & VISION, WHAT WOULD I CREATE?
WHAT DO I WANT TO BE, CREATE OR EXPERIENCE?
WHAT IS MY LEGACY?

