

## WHO AM I

1	The six adjectives that best describe me are:	
2	When I was a young child I dreamt of	
3	When I was an adolescent I dreamed I would be an adult who	
4	The best thing that could happen to me would be	
5	The worst thing that could happen to me would be	
6	I feel at my best when	
7	I feel at my worst when	
8	Five women I admire are (heroines)	
9	Five men I admire are (heroes)	
10	My six greatest strengths are	
11	My six greatest weaknesses are	

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12	I feel good when I think of	
13	I feel bad when I think of	
14	I feel hopeful when I am	
15	I feel despairing when	
16	I feel best in situations where	
17	I hold myself back when	
18	I would end a personal relationship if	
19	I would end a professional relationship if	
20	I would risk my life for	
21	Most people think I am	
22	When I die I would like to be remembered for	

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23	The sort of things I worry about	
24	My secret fears are	
25	At this very moment I feel	

When you have finished this activity, reflect on it!!!

Who would I be prepared to show this to?

What might their response be?