

## WHO ARE YOU?

We are complex in both our physical functions and our emotional construction. Beliefs and perspectives drive our actions and support the identity we want. So who are you? What do you like about yourself? What do you not enjoy about yourself? If you don't enjoy certain aspects of yourself, what are you willing to adjust?

WHAT I LIKE ABOUT ME: (start with the top 5 things)

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WHAT I DON'T LIKE ABOUT ME: (focus on those parts that frustrate you the most)

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WHAT ARE YOU WILLING TO CHANGE? Can you imagine yourself without those negative aspects? Can you lower their volume and turn up what feels more supportive of who and how you want to be?

Take each negative aspect and decide whether you're ready to make an adjustment. If so, what is the next smallest step you can take?

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Take two minutes to sit, close your eyes, and imagine yourself in the new image of how you'd like to be. How does that feel? Now hold on to that feeling for as long as you can.

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