

List the ten things that are most important to you.

one	two
three	four
five	six
seven	eight
nine	ten

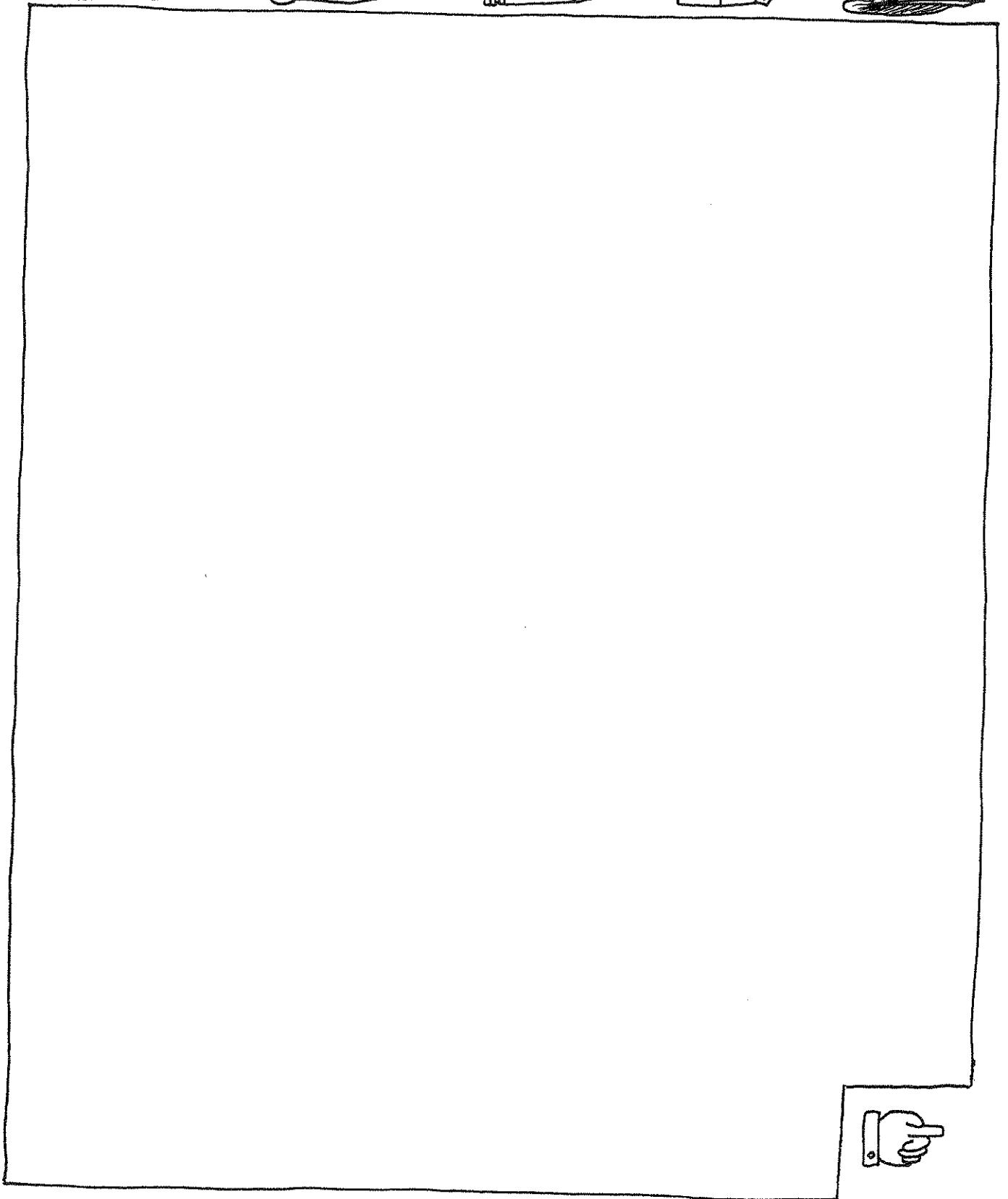
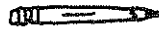
Think of your most favorite and least favorite animal.

Write a story about them that uses the adjectives that show why you like and dislike each. (The gentle, kindhearted dog lifted her intelligent head and surveyed the sneaky, stupid...)



Can you own these qualities?

Draw a picture of your mind.



Write down three things:

I believe

1.

2.

3.

I think

1.

2.

3.

I know

1.

2.

3.

What difference do you experience in these?

What are your strengths



and weaknesses?



How do you know that's what they are? Who says so?

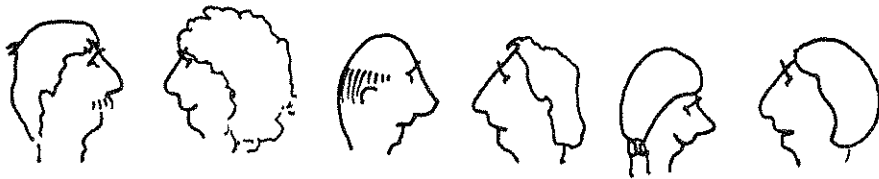


What does wisdom mean to you?

What is the wisest thing you've ever heard? How does this wisdom affect your life?

How could you be wise?

How do you change when you're in a group? What does this change do for you?



(A gift) → You can have anything in the world...


• What is it?

• How did you select it?

• What did you consider and not select?

• How will you feel having it?

• How will you be different?

• List the qualities of the gift you have selected. 

Are these missing in your life currently?

Answer these quickly without "thinking."

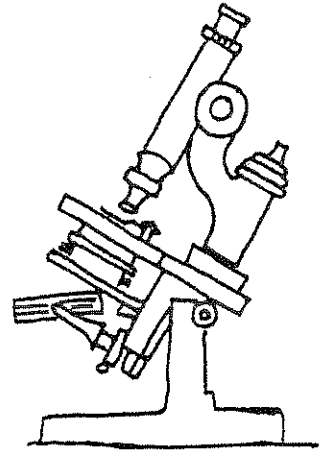
- I'm happiest when
- Someday I'm going to
- When I'm really down, what I want to do is
- I feel anxious when
- I'm afraid that
- I like people who
- All it takes to make me happy is
- What I really want to do is
- I wish that
- I don't like people who
- A person really should
- I just hate it that
- I have everything I need, however
- If I could do whatever I wanted, I would

List the greatest moments in your life. Who (what part of you) was there?



Looking at yourself...

What I've been told about me...



What I tell myself about me...

What I really know about me...

This process can be applied to many topics.

Recall a time when you did something
you thought you couldn't do.

