

Who are You?

Get to Know Yourself

When we acknowledge and accept who we are on the inside,
we can be more open, honest, and truthful
to others who are important to us.

Who are you?

This question is difficult for many of us to answer.
Fill in the blanks with the *first thing* that comes to your mind.

I AM A HUMAN BEING THAT ...

Wants to _____

Used to be afraid of _____

Has the goal of _____

Is driven by _____

Is inspired by _____

Who notices _____

Has a habit of _____

Is happiest when _____

Wishes I could _____

Believes in _____

Would give _____

Will one day _____

When you are finished writing, think about these wonderful parts of who you are, and share these things with those closest to you. Ask them some of the same questions to help get to know them a little better too.