**understanding you**

Name:

Answer the following questions to help yourself gain a better understanding of yourself.

**Your Personal Values**

The things in life that are most important are …

The purpose of life is…

Life isn’t about …

Success is..

Freedom is…

**Your Personal Identity**

Who am I really?

Who would I like to be?

Who were your role models in life and why?

I am passionate about …

I love …

I hate …

**Your Actions**

Something I’d like to do is …

Something I must do is …

If I do/don’t do I will regret it.

**Your Expectations**

Growing up, it was expected that I …

My friends think of me as …

Relationships are …

Relationships are not …

My most important relationships are …

What’s missing in my life?

**Your Fulfillment**

I feel loved when …

I feel great when …

I feel important when …

The greatest source of joy in my life is …

The best times of my life have been when …