



WHO ARE YOU?

My greatest asset is . . . (Compassion, discipline, optimism, etc)

My greatest liability is . . . (Impatience, lack of integrity, laziness, etc)

The FEELING I'm seeking most in life is . . . (Happiness, love, security, etc)

The FEELING I'm most avoiding in life is . . . (Trapped, poor, lonely, etc)

My source of greatest joy is . . . (My family, my career, my partner, etc)

My source of greatest pain is . . . (Lack of money, loneliness, my family, etc)

My best habit is . . . (discipline, healthy eating, exercise, gratitude, etc)

My worst habit is . . . (spending too much, drinking, eating junk, etc)

What's most fulfilling for me is . . . (helping others, being with my family, connecting with friends, etc)

Your Step of Greatness: Now that you have brought awareness to these pieces of you—notice how they play out throughout your day.