



# Who Are You?



When we consciously acknowledge and accept who we are to our core and what we desire most in this world, we find that we can be more open, honest, and truthful to those who we surround ourselves with.

Who are you? That is sometimes a really difficult question for many of us to answer. You are on your very own journey to becoming more self-aware, and you deserve to be heard. Fill out these prompts in anyway you like, think about the first thing that comes to mind.

## I AM A HUMAN BEING THAT . . .

LOVES	_____
WANTS TO	_____
HAS THE GOAL OF	_____
USED TO BE AFRAID OF	_____
IS DRIVEN BY	_____
IS INSPIRED BY	_____
WHO NOTICES	_____
HAS A HABIT OF	_____
IS HAPPIEST WHEN	_____
GETS DISAPPOINTED BY	_____
WISHES I COULD	_____
BELIEVES IN	_____
WOULD GIVE	_____
WILL ONE DAY	_____

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

