“Who Am I” Exercise

Answer the following questions (you may wish to use separate paper):

1. What are the 5-10 attributes I most admire in others?
2. What are the 5-10 attributes I most like about myself?
3. What are the things people most admire about me?
4. What makes me unique?
5. What are the activities that I most enjoy doing and that bring the most passion to me?

Using the descriptors gathered through answering the questions, fill-in the grid below using nouns and adjectives to complete the “I am” statements. Sample statements might be: “I am an perfectionist.” “I am a wonderful spouse.” Don’t worry about whether you like the answers, we’ll work on changes later. This exercise is just a self-awareness exercise of who you are right now.

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