

Getting the Juices Flowing

30 min

List 5-10 things you value in life.

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What would you try right now if you knew you would never fail at it?

What did you used to do that gave you energy that you don't do anymore? (hobby, talent, relationships)

What traditions are important to you?

How is your life the same or different than you expected it to be?

How is your true self the same or different than your perceived self and the person you want to be?

List the things in your life that expand and contract you. The things that give you energy or drain you. Trust your gut, your first reaction.

Expand	Contract

If your life was exactly the same 5 years from now, would you be okay with that?

Who expects you to be somebody?