

WHAT MAKES ME TICK

What is important to me? Who am I at my core?
What motivates me to make the choices I do?
These are my core values (circle ten).

- Intimacy
- Integrity
- Independence
- Freedom
- Love
- Forgiveness
- Humor
- Harmony
- Accomplishment
- Achievement
- Adventure
- Aesthetics
- Altruism
- Autonomy
- Balance
- Commitment
- Clarity
- Community
- Completion
- Connection
- Emotion
- Faith
- Beauty
- Excitement
- Focus
- Spirituality
- Honesty
- Pretense
- Nature
- Openness
- Order
- Partnership
- Learning
- Power
- Privacy
- Recognition
- Accuracy
- Risk
- Romance
- Security
- Sensuality
- Service
- Trust
- Vitality
- Wholesomeness
- Authenticity
- Nurturing
- Productivity
- Mastery
- Loyalty
- Elegance
- Peace
- Fun
- Purity
- Joy
- Being direct
- Leadership
- Acknowledgment
- Growth
- Performance
- Sharing
- Individuality
- Excellence
- Healthfulness
- Solitude
- Being carefree

I can and do change my habits.

MY AUTHENTIC SELF

Quality I am glad I have

How has this quality served me?

How can this quality continue to serve me?

Quality I wish I did not have

How has this quality served me?

How can this quality continue to serve me?

Which of my gifts is paired with this quality?



Quality I am glad I have

How has this quality served me?

How can this quality continue to serve me?

Quality I wish were not there

How has this quality served me?

How can this quality continue to serve me?

Which of my gifts is paired with this quality?

I touch the hearts of others.

GETTING TO KNOW ME TOP TEN

*What can I say?
The more I know about me,
the more I like me.*

Ten things I'd do if I won the lottery:

Ten things for which I'm grateful:

Ten things I'd do in my perfect day:

Ten people I'd like to meet:

Ten things I'm proud of:

Ten times I felt at peace:

My ten heroes:

My ten best body parts:

Ten things I like about me:

If I had a magic wand, the ten things I would do or see before I die:

MY WEEKLY LOG

Week of _____

My bite-sized goals for this week: _____

1. _____
2. _____
3. _____

My successes for this week: _____

1. _____
2. _____
3. _____

I faced these challenges: _____

1. _____
2. _____
3. _____

This week I learned: _____

I reward my efforts with: _____

My goals for next week: _____

1. _____
2. _____
3. _____



STRESS BUSTERS

Your response to stress shapes your health. You cannot eliminate all sources of stress, but you always have a choice about how you respond.

Exercise. Laughter. Dancing. Meditation. Writing in a journal. How do you manage stress? Make list of your personal favorite ways, and keep the list on your desk, in your date-book, and posted on your fridge. Help your children generate their own lists.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

