

Finding Me (name)

Home work - part 1 for you

Exercises I recommend you use to suss out the YOU!

Age- __ years

Personal Health

Responsibility trajectory:

1. Parents
2. Children
3. Grandchildren
4. Self
5. Teaching
6. Art appreciation
7. Music
8. Emotional Self growth journey.

TASKS TO COMPLETE:

PLEASE FILL THE ABOVE IN ORDER OF YOUR IMPORTANCE AND DREAMS.

BE TRUE TO YOURSELF FREE OF JUDGEMENT OF SELF; There is no right or wrong answer.

If you were a lawyer for yourself, what would you bat for?

Write where you want to see your ideal self in 3 years from today (only yourself not others in the equation)

Do you keep a self journal?

Do you feel a loss of independence?

Do you feel stranded?

Do you feel overwhelmed?

Do you need your own inner space?