

# Who are You?

## CHECKLIST

Go with the first things that come to your head then leave it for a while, go back to it & go to the umpth degree.

- What are my values?
- What are my beliefs?
- What are your strengths?
- What is your temperament?
- What are your flaws?
- How can they be reframed?
- What could be improved?
- What do you want to learn?
- What are your unique quirks?
- What makes you angry?
- What are your interests?
- What are your passions?
- What's your purpose?
- What are your goals for the next year?
- What are your goals for the next 5 years?

This exercise should really be done once a year as we change & evolve over time...