

“This Is Me!”

The priorities that I want to focus on in my life and therefore make time for are:

I AM Enough

My Love Languages in order of highest to lowest are:

1. _____
2. _____
3. _____
4. _____
5. _____

From the quiz on www.5lovelanguages.com

My Primary Energy Type is _____ My Secondary Energy Type is _____

From www.dressingyourtruth.com

My Talents (the things that come easy and natural to me):

My Skills (the things I have been trained to do):

Clifton Strengths Assessment Results:

My Education or Training:

My Passion(s) Are: (the things that I get excited about & light me up)

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My Vision

My Goal(s) or Desire(s) is/are:

My mission is:

My Purpose is (the thing I struggled the most to overcome):

My motivating factors are (MY WHY):

My intention is:

My Fears

I ensure that my expectations are aligned with my goals. For every negative expectation I create a statement of the opposite:

Negative Expectation	Flip it!

The big fears or pattern that seem to show up for me: