

EXERCISE 14

Who Am I Reflection

Step 1: Fill out each box with what comes to mind. Ask yourself questions like, “What are my roles? What adjectives describe me? What do I want from my relationships, my career, and my personal life? What is blocking me from achieving my goals? What are my possible solutions to rid myself of these blocks?”

Step 2: Notice any themes within the quadrants or any emotions that show up in completing this exercise. If you are still struggling with answers to your blocks and solutions boxes, who can support you in making progress?

I AM

I WANT

MY BLOCKS

MY SOLUTIONS