



25 Things I Like About Me – Day 9

Falling in Love with Me! (Exercise 1)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____



Me Today, Me Tomorrow – Day 9

Who I Am, Who I Want to Be (Exercise 2)

Now, you will answer the following questions as quickly as possible with the first thought that comes to mind. Do not overthink it. Go with whatever comes to you first.

Me Today

Who are you? _____

What are you? _____

Where are you? _____

Me Tomorrow

Who do you want to be? _____

What do you want to be? _____

Where do you want to be? _____



The Big Kahuna – Day 9

My True Wants, Needs, & Desires (Exercise 3)

Topic you are focused on: _____

(romantic relationships, family relationships, career, finances, health goals, etc.)

I need _____

I want _____

Be specific...What would that look like? If you're writing about your career, state the amount of money you'd like to make, the hours you want to work, etc. If relationship, give specific details. Ask for what you truly desire.

I desire _____
