Who do I Believe myself to be Now?

Please write here:

**“Our character is what we do when we think no one is looking.” — H. Jackson Brown Jr.**

What does the Person I want to be Embody?

1. they embody.....

What kind of traits does the person I want to be, have?

1. The traits are....

Why is Embodying this person important to me?

Please write why it’s important to you here.....

What rules/habits do I currently have in this area that **DO NOT** serve my vision?

1. Write your rules/habits here......

What rules/habits can I incorporate into this area?

1. Write your rules/habits here......

What rules/habits do I currently have in this area that **DO** serve my vision?

1. Write your rules/habits here......