START HERE

Fill in any of the sections that you think will help remind you of the things that matter most to you, why you're fabulous, and what you can draw on to get through a rough patch (or just life).

Date: _____

Who am I? *Include things like your full name, nicknames, roles you play in life (such as parent, son or daughter, friend, profession), archetypes, and any other ways you like to think about yourself.*

What matters most to me? *Who and what are most dear to you? What do you most want to achieve in this life? What would you like to contribute to the world or to specific people while you're here?*

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At my best, I: *Write down all the ways you show up at your best in the world, personally, professionally, artisticallly, athletically, spiritually, or in any other ways.*

What helps to focus and motivate me? *What drives you to achieve? Who or what inspires you to be and do your best?*

What resources can I draw on? *Who and what is available to help you achieve your most precious dreams?*

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What else do I want to capture here? What will remind me of my best self and what I want out of life? What words of wisdom or encouragement would I like to say to the future me who reads this? What quotations always inspire me?

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