

Name \_\_\_\_\_ Date \_\_\_\_\_

What are some of the personal truths by which you live your life? List as many as you feel necessary in the space below. Use extra paper if needed:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

In what positive ways have your personal truths helped you to live the life you want to live? List them below:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

In what ways have your own personal truths hindered you from living up to your own potential? From living the life you would like to lead?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

In what ways could you change your personal truths to help you to live up to your own full potential? List those changes below:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_