

Who Are You?

What are the things that I have a passion for, things that I get excited about, and things that give me energy?	What are the things, that when left undone, make me angry, mad, upset, and even foaming at the mouth?

1. List words that reflect your answer beneath each question.
2. Circle similar words that appear in both columns.
3. The matching word-pairs often reflect a person’s core values.