

Who Am I?

- Do you prefer hearing about someone's day or having deep conversations about life?
- Does your presence warm or cool a room?
- Do you feel comfortable being yourself around other people?
- What makes you feel good about yourself? Are you seeking those things out?
- What challenges you? Are you seeking those things out?
- Are you putting in effort to grow or maintain your support system?
- Do you tend to blame yourself, blame others, or blame the world for your problems?
- Are you trying to maximize or minimize the control you have over outcomes?
- Are you asking for help when you need it?
- Is your self-worth reliant on external validation?
- Do you think you're better than other people? Why?
- What traits must someone possess in order to earn your respect?
- Are you creating space for feedback?
- How often do you discover you've misjudged someone?
- Do you give people the chance to prove you wrong?