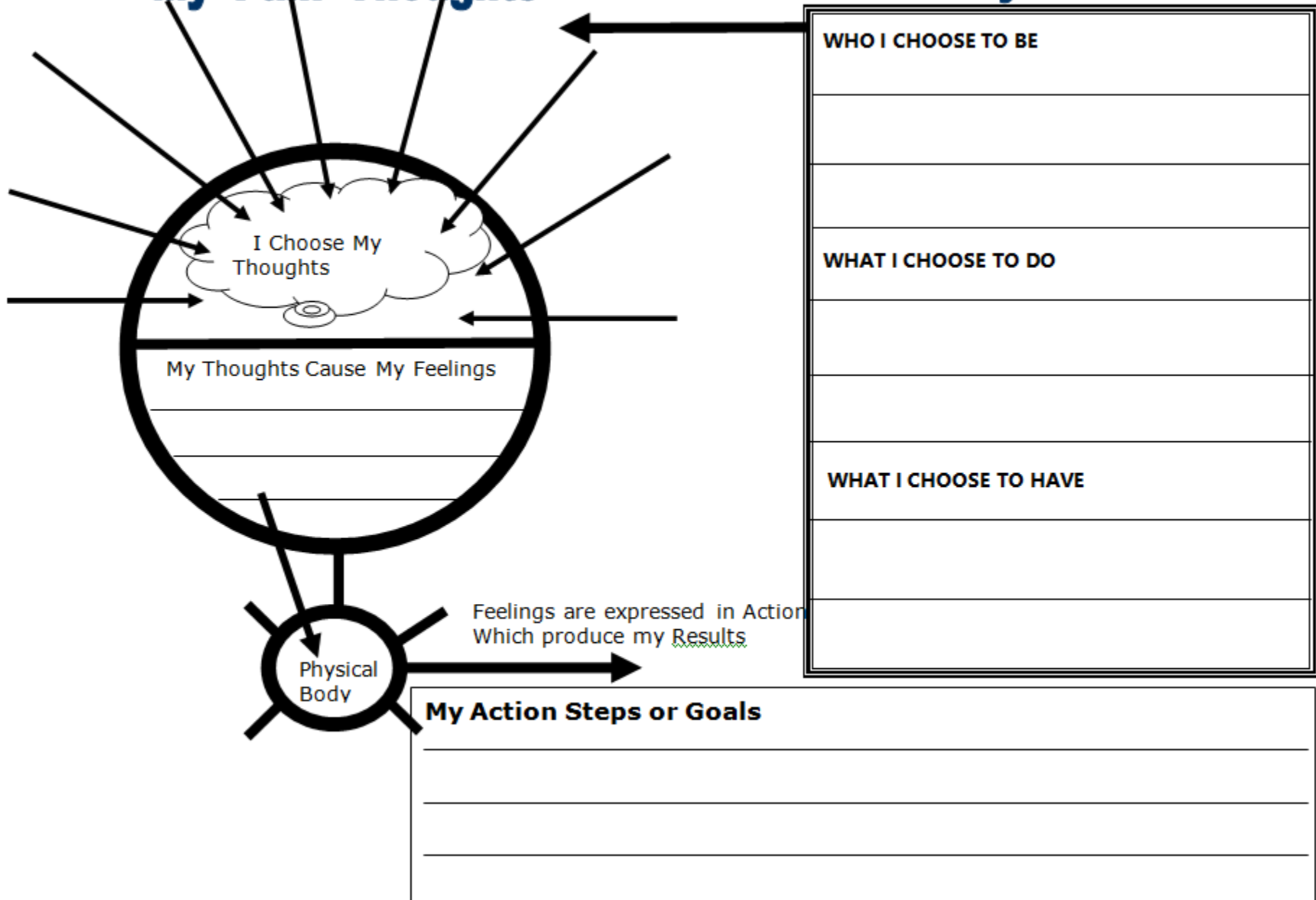


Week 5
Activity 2
Worksheets

My 'I am' Thoughts

I Choose My Results



Personality Journal

What colour personality do you feel you are?

In what way are you:

Analytical Driver

Expressive Amiable

Using this information about personalities, what can you do to improve your family relationships ?

What **ideas** and **thoughts** from your childhood influenced the beliefs you have about who you are today?

Remember your super power of **perception** and looks for ways each day to practice it.

My Journal

