

## Who I am

1. Identify the key descriptors of who you are (create 40)
2. Circle the 5 most important words from your list of descriptors above
3. Convert the 5 most important descriptors into nouns (eg. Loving becomes love, honest becomes honesty)

---

---

---

---

---

4. Take these nouns and make them “I am” statements (from the example above, you would say “I am love” and “I am honest”)

1. I am \_\_\_\_\_
2. I am \_\_\_\_\_
3. I am \_\_\_\_\_
4. I am \_\_\_\_\_
5. I am \_\_\_\_\_

5. In the left hand space, rank the statements in order of importance (#1 through to #5)