

Getting to Know You Better

Life Makeover for the Year 2004, by Cheryl Richardson

"Find your true path. It's so easy to become someone we don't want to be, without even realizing it's happening." (Bernie Siegel, M.D.)

Complete the following exercises to help you uncover valuable information about yourself and the gifts and talents you may be meant to share with others.

1. Finish the following sentence stems with at least ten answers for each one:

I am
I will not
I would like
I will
I love
I hate

2. Imagine you were interviewing “you” and answer the following questions:

- What three major choices brought you to this point in your life?
- Looking back, what three things do you wish you had tried?
- If you had to choose an object that represented your future, what would it be?
- If you had to choose an object that represented your past, what would it be?
- What tasks or assignments would you say you've been given in your life so far?

3. Complete the following four exercises:

- List three internal changes you'll need to make to live a more meaningful life.
- List three external changes you'll need to make to live a more meaningful life.
- List three positive qualities that you feel proud of possessing.
- List three qualities that you'd like to develop.

4. If you could try five new jobs over the next year what would they be?

Read through your answers to the exercises above and answer the following questions:

1. What themes or patterns do you see?
2. Which answers “feel” right, but scary?
3. What life lessons have you needed to work through?
4. If you were meant to teach others three things, what would they be?
5. How is "who" you are, related to "what" you might offer others?
6. What one theme best reflects your life lesson thus far?
7. What advice would you give yourself at this time in your life? (fill at least one page)

What are three specific action steps you need to take to do something with what you've learned from these exercises?

1. _____
2. _____
3. _____

Challenge yourself to take these steps in 2005!