

I Am Here:

What my life is like, what I do, what I don't do, what is normal during the week, during a weekend, who I hang out with, how I usually spend my free time, what is my energy level, etc.

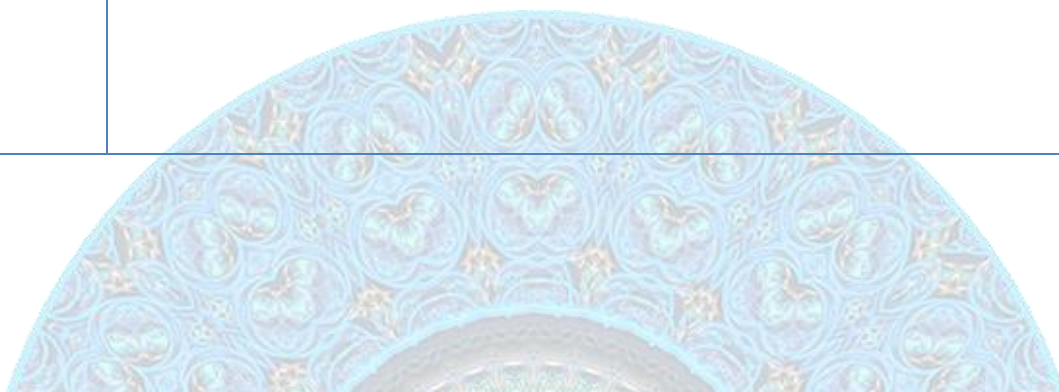
Basic Life Description



What do I want to
keep or have more of?

What do I want to
eliminate?

What do I wish I had in
my life?



Summarizing NOW:

