Hope

**WHAT I CAN DO**
- Flow
- Mindfulness
- Relationships
- Purpose

**MY "UNIQIETY"**
- Who was I before family/culture/friends told me I was wrong?
- What 1 thing do I do better than anyone else I know?
- What is the 1 truth about life and what matters the most I would teach?
- Who am I willing to suffer for?

**PAPER-CUT PERSONALITY**
- Who
- What
- When
- Where

- Do I have unmet expectations this person doesn't know about?
- What is the core of why I'm feeling what I'm feeling?
- How can I lend a hand in changing the situation?
- Do I know who to speak with or what resources are available to me if I'm not able to handle this person on an ongoing basis?

**1** Thing I can do this week in 20 minutes or less to gain control of my life:
1. 
2. 
3.

**3** Happiness areas in my life I want to focus on and grow:
1. 
2. 
3.

**5** "Character Traits" or accomplishments I want to be known for:
1. 
2. 
3. 
4. 
5.