



NAME: _____

IN MY PAST I WAS...

NOW I AM...

**AT MY CORE
I VALUE...**

I WANT TO BE...

I DREAM OF...



MY CORE VALUES SUGGESTED LIST

Adventure	Friendships	Openness
Authenticity	Fun	Optimism
Balance	Generosity	Patience
Being of service	Sense of Humor	Recognition
Bravery	Growth	Respect
Challenge	Honesty	Responsibility
Citizenship	Honor	Security
Community	Hopefulness	Self-reliance
Compassion	Integrity	Self-Respect
Courage	Justice	Social Connection
Creativity	kindness	Spirituality
Curiosity	Kindness	Stability
Determination	Knowledge	Status
Fairness	Leadership	Trustworthiness
Family	Learning	Wealth
Freedom	Love	Wisdom
Freedom	Loyalty	

HOW I SEE MYSELF SUGGESTIONS TO THINK ABOUT

Weaknesses	Strengths	Achievements
Passions	Roles	Disappointments
Relationships	Characteristics	Spiritual

NOTES



**TOTAL
BRAIN
HEALTH**

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