

(answer the following prompts. you will refer back to your answers to these prompts throughout “the Divine Gift of You” workshop.

Worksheet Part One: The Basics

My favorites:

1. color:
2. article of clothing:
3. time of day:
4. day of the week:
5. flower:
6. person:
7. quote:
8. thing to daydream about:
9. thing about weekends:
10. activity:
11. saying:
12. sound:
13. food:
14. junk food:
15. comfort food:
16. special occasion meal:
17. meal to cook:
18. meal to eat:
19. restaurant:

20. drink:
21. dessert:
22. food related smell:
23. pet:
24. teacher:
25. class:
26. relative:
27. place to visit:
28. way to relax:
29. vacation memory:
30. outdoor activity:
31. thing to do on a rainy day:
32. romantic getaway:
33. sport to watch or play:
34. video or board game:
35. thing to do when I'm feeling creative:
36. instrument:
37. song:
38. type of music:
39. singer/band:
40. actor/actress:
41. movie:
42. tv show:

43. guilty pleasure:
44. tv show from childhood:
45. author:
46. fiction book:
47. non-fiction book:
48. magazine:
49. book from childhood:
50. blog:
51. favorite childhood memory:
52. flavor of ice cream:
53. type of jewelry:
54. accessory:
55. place to shop:
56. gift to receive:
57. gift to give:
58. place to hang out:
59. nickname:
60. way to express yourself:

Worksheet Part Two: Digging a Little Deeper...

(Answer the following journal prompts)

1. I would like to learn how to:
2. a goal I have for myself is:
3. I have dreamed about:
4. sometimes I pretend:
5. a commitment to myself I would like to make:
6. a promise to myself I would like to keep is :
7. a sure fire way to get me to laugh is:
8. the way to my heart is:
9. I feel happiest when:
10. I get really sad when:
11. I know I am on the right path when:
12. when I'm feeling down, a sure fire way to pick myself up is:
13. something most people don't know about me is:
14. the worst thing I have ever said (told) to myself is:
15. a part of myself I hide is:

16. the thing I love most about myself is:
17. the thing I dislike most about myself is:
18. the thing I tell myself most often is:
19. the person I see when I look in the mirror is:
20. if I could ask the universe one question it would be:
21. when I die, I would like to be remembered as a person who:
22. my strongest quality is:
23. my greatest talent is:
24. my biggest flaw is:
25. my best feature is:
26. what people love about me is my:
27. I am best known for my:
28. the thing I am proudest of is:
29. my biggest regret is:
30. the thing I value most in a relationship is:

31. the people I want to spend time with are:
32. the people I want to avoid are:
33. the person I miss the most is:
34. the person who had the most positive influence in my life is:
35. the person who taught me the most is:
36. if I could change something I think about myself it would be:
37. I would like to believe:
38. my favorite childhood memory is:
39. when I was a child, I loved to:
40. my heart was broken when:
41. I know that I am a great:
42. my biggest dream is to:
43. if I could do anything, I would:
44. if I could live anywhere, it would be:
45. if I could spend a week doing anything, I would:

Worksheet Part Three: Past, Present and Future...

(Answer the following journal prompts)

1. the time I can remember being the most happy was when:
2. if I could change something in the past it would be:
3. I love that my life right now is:
4. I can't wait to:
5. in five years I would like to be:

Worksheet Part Four: In (and out of) the Trenches...

(Answer the following journal prompts)

1. I believe in:
2. I am getting better at:
3. I am passionate about:
4. if I had more confidence I would:
5. if I had more self-esteem I would:
6. if I didn't care what anyone thought I would:
7. if I had more time I would:
8. I want to stop agreeing to:
9. I no longer want to:
10. I want to stop holding onto:

11. I am ready to let go of:
12. I want to stop listening to:
13. I want to start saying no to:
14. I want to stay away from:
15. I want to be done feeling bad about:
16. I want to stop letting people:
17. I want to stop giving in to:
18. I want to stop doing things that make me feel:
19. I want to distance myself from the people and relationships that make me feel:
20. I want to stop compromising myself to have:
21. I want to stop feeling shame or guilty about:
22. I admire people who:
23. I feel comfortable and most like myself when I'm with people who:
24. my favorite relationships are those that:
25. I learn the most from people who:
26. the emotion that is easiest for me to express is:
27. the emotion that is hardest for me to express is:
28. if I had a mentor for the day, I would want help with:
29. the thing that holds me back the most is:
30. what would I most like to hear about myself from someone else: