THE REAL YOU

ANSWER THE FOLLOWING QUESTIONS TO YOUR EARLY YEARS (5-10 YEARS OLD), YOUNG TEENS (11-16 YEARS), YOUNG ADULT (17 - 22 YEARS OLD), EARLY CAREER (23-28 YEARS OLD), ETC TO PRESENT DAY.

- What did I love about life?
- What made me happy?
- What was I instinctually good at?
- What scared me?
- Who did I love? Why?
- What did I get in trouble for?
- What did I do for fun?

AFTER ANSWERING THE ABOVE QUESTIONS FOR EACH SECTION, ASK YOURSELF:
-WHAT DID I LOVE?
-DO I WANT TO BRING IT BACK INTO MY LIFE IN SOME WAY?

- EARLY YEARS

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- YOUNG TEENS

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THE REAL YOU

- YOUNG ADULT

- EARLY CARRER

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