



Attitude of Gratitude

Treasure Yourself: Exercise

Life Planning Exercise 17 – A New Story of Me

Now that we have created a new vision for our future and defined our strengths, interests, and values, it is time to view ourselves in a different light. In this exercise, you will envision a new image of yourself based on this new understanding and new positive belief in your future.

Many of the previous exercises focused on specific dreams you want to achieve, but The New Story of Me is more about who you want to be. What are the characteristics that should define you? In the fields below, write short statements reflecting the person you want to be and how the new you might come across, particularly traits and characteristics you respect and want to embody.

Example:

Human Rights - My belief in the equal rights of all people, regardless of religious background, gender, color, or sexual orientation will be reflected in my activities as well as in the kindness and empathy I show to those discriminated against. All people being created equal is one of my fundamental beliefs, and I will do all I can to respect, honor, and uphold this in my daily life.

New Story of Me Statement 1

New Story of Me Statement 2

New Story of Me Statement 3