

## WHO ARE YOU?

Instructions: This is a five-minute timed task. Please write whatever comes to mind for each statement. There are no right or wrong answers. Just notice how you complete each sentence.

| You | Connect yourself to       | The content (words) |          |
|-----|---------------------------|---------------------|----------|
|     |                           | Answer 1            | Answer 2 |
| I   | am                        |                     |          |
| I   | am not                    |                     |          |
| I   | am a                      |                     |          |
| I   | value                     |                     |          |
| I   | love                      |                     |          |
| I   | hate                      |                     |          |
| I   | believe it's important to |                     |          |
| I   | am unable to              |                     |          |
| I   | am able to                |                     |          |
| I   | am lovable because        |                     |          |
| I   | am unlovable because      |                     |          |
| I   | am good because           |                     |          |
| I   | am bad because            |                     |          |
| I   | am strong because         |                     |          |
| I   | am weak because           |                     |          |