

humantold

I am the kind of person who...

Begin by responding to the following prompt that you would like to explore 7 times:

- I am the kind of person who...
- Other people believe I am the kind of person who...
- I am the kind of person who wants to be...

I am the kind of person who _____

The challenge with these is to answer both of these sentences 7 times (or more if you want)

- Answer separately or separate the other people prompt into certain groups like friends, family, partner.
- You can rank your answers from most to least important to you.
- Try to dig deep and look at patterns, meanings, beliefs, actions you could take.
- Reflection Questions:
 - What do these three answers mean?
 - Are these examples of dominant thinking in your life?
 - After ranking them. Write a paragraph reflecting on what life would be like without the top 3rd answer? (or any that are in your top 3)
 - What is life like without this 3rd thing?
 - How does it change things?
 - Any other thoughts?
