

# Self-awareness and Well-being Activity

## INSTRUCTIONS:

1. Review the example below to get your thoughts rolling.
2. Complete page 2 with your own revelations.
3. How will your life and relationships shift, knowing what you know now?
4. What steps will support your growth, in the 'un-do' and 'done'?

## EXAMPLE:

### THINGS I LOVE ABOUT MYSELF

I keep my word

I show up—  
even when it's hard

MY  
CREATIVITY

I am  
optimistic

My ability to  
come back to  
love every  
time—  
no matter  
what!

MY RESILIENT SPIRIT

My ability to  
spread joy

My desire to be  
flexible

My  
Forgiving  
heart

Listening  
more &  
speaking  
less

avoiding difficult conversations	DIMINISHING MY VALUE & WORTH
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Letting  
minor  
things  
really  
upset me

COMPARING  
myself to  
others

**The Un-Do List**  
things to improve

Letting my  
living space get  
unmanageable

PROCRASTINATING

### FIVE THINGS I'M DONE WITH

Hating my body
Being Stuck
Laziness
Negativity
Unfulfilling relationships

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# THINGS I LOVE ABOUT MYSELF

**The Un-Do List**  
things to improve

## FIVE THINGS I'M DONE WITH