

IDEASheet - Freedom

Who Do YOU Really Want to BE!?

Who do you want to be was a common question as we were growing up? Just like Mom or Dad? A Favorite Uncle? A famous sport figure? As we define ourselves and desire to be better and have more, who do we want to be?

Careful, let's use pieces, but let's keep what makes us unique.

I admire the following people:

1. _____
2. _____
3. _____
4. _____
5. _____

The characteristics of these people are:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

I want to be more like:

MY Top characteristics are:
(what do people recognize you for?)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____



What can you do more of to be more YOU?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Where can you blend more of who you admire with who you are?

- 1. _____
- 2. _____
- 3. _____

Take ACTION now!

I will exercise this part _____ of my personality NOW!

I feel the following will really make a difference:

The first action I can take is: _____

I will do this first action by: _____

Spend a few minutes gathering positive feelings about who the real YOU is!

Spend a few minutes reflecting on how this REAL you will feel every day. Think about strategies above that you can do each day to “exercise” the real you.

The REAL you is Freedom!

Visit www.mymostlife.com for additional resources and inspiration.