

Build Your Self-Image & Self-Awareness Worksheet

My short-term goals are: _____

My long-term goals are: _____

My values from most to least important:

1. _____

2. _____

3. _____

4. _____

5. _____

My self blockades are (how you hold yourself back):

1. _____

2. _____

3. _____

4. _____

5. _____

My other blockades are (what others do that holds you back):

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

Today self and future self

On the next page, draw how you see yourself today and how you want to see yourself in the future. This is not an art test. Just draw from your heart without hesitation. Add as much detail as you can to include how you see yourself, your surroundings, and other people in your life who are there today and may or may not be in the future. You can add details to the environment you're in, what you and the other people are wearing, tattoos, scars, facial features (smiling, frowning, angry), and anything else you want.

You're building your self-image and the world around you.

Today Self	Future Self

Compare your today self with your future self. List what you need to do to be the person you want to be in the future. As you make this list, be committed to it, build it into your view of yourself, others, and situations every day.

What I need to do to be committed to who I want to be:
