

The Guide to finding meaning in your life

The Guide to finding meaning in your life					
Top essential things/ SKILLS about yourself			5 things you love about yourself		
1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____ 11. _____ 12. _____ 13. _____ 14. _____ 15. _____ 16. _____ 17. _____ 18. _____ 19. _____ 20. _____			1. _____ 2. _____ 3. _____ 4. _____ 5. _____		
5 things you love about yourself			5 things you love about yourself		
1. _____ 2. _____ 3. _____ 4. _____ 5. _____			1. _____ 2. _____ 3. _____ 4. _____ 5. _____		
5 things you love about yourself			5 things you love about yourself		
1. _____ 2. _____ 3. _____ 4. _____ 5. _____			1. _____ 2. _____ 3. _____ 4. _____ 5. _____		
Mood/ Attitude	Creative	Intelligent	Fit/ physique	Outgoing/ Social	Humor
Good Bad	100% 0%	Brilliant Dim	Perfect Average	100% 0%	Hilarious unhysterical
What Is your purpose in life?			Likes		Dislikes
_____ _____ _____					
What is your passion in life?					
What are your taste?					
What type of contaminator are you?			Introvert		Extrovert
What is your personality type?					
What is your attitude towards life?					

