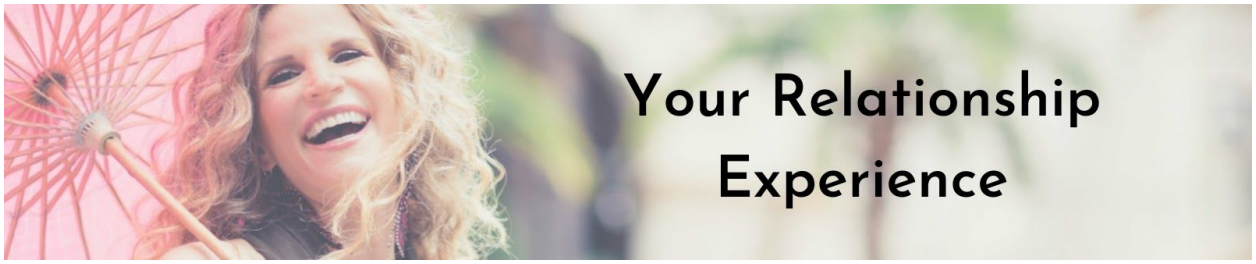

Based on your values, how would you describe who you are and how you are / show up in the world?

Describe you first: How do you like to live life? Are you adventurous, curious, mindful? Here is where you can list your best qualities of HOW you show up in the world. This isn't your DO list… But BEing list! I want you to use descriptive words here. Give it a try! We are just starting. Use this list for inspiration! But don't limit yourself to that list.

PLAY with this and have FUN! What are you good at? Have fun with?

Example: Not "I am smart" - I have a curious mind. Example: Not "I like dogs" - Lover of dogs.
Not "I like to travel" - "I love that when I travel, I build new friendships with the locals."
Be more specific. It helps someone visualize your life!