

You Week 1=

Let's take inventory on your greatest asset, YOU! It is imperative to look within, and recognize ourselves as the blessed beings that we are, even in the worst of outside circumstances. Get out your journal, sit still with yourself, and write the answers to the following question. What are the top 5 adjectives that describe your

1. Attitude
2. Style
3. Core Beliefs
4. Personality
5. Relationships
6. Identity

Write a summary about where your mind is currently. This will give a great gage for the moment your mind takes during this challenge. Then write a summary on how you feel now based on the adjectives you wrote down?