

# PERSONAL



What are three of my most cherished values?

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What is my purpose in life?

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What is my personality type?

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Did I make time for myself this week?

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What scares me the most right now?

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What is something that brings me joy?

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When was the last time I gave back to others?

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What's something I would like to do more of and why?

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How important are my physical & mental health to me?

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What things get in the way of my happiness?

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