

SELF-AWARENESS HAND SET WORKSHEET

Answer the questions below by inserting your answers in the drawing of your hand below. Use one finger for each one of your answers, as well as the centre of your palm for one. The choices are entirely yours.



1. - What did I want to become 5 years ago?
2. - What do I want to become in 10 years'time?
3. - What I value most about me is...?
4. - What I value most about others is...?
5. - What I really love is...?
6. - What I really hate is...?