

When You Feel Most Like Yourself

Find the moments when you feel most like you, and what they have in common.

WHEN TO USE THIS

Use this when you have been feeling like a stranger in your own life.

When in the last year did you feel most like yourself?

Small moments count. Where were you, who was there?

1. _____
2. _____
3. _____
4. _____

What do those moments have in common?

When do you feel least like yourself?

What is one thing from the first list you could put in this week?

You are still in there. These moments are the evidence.