

## Connecting with Yourself Worksheet

In order to be able to connect with others, you must first be able to connect with yourself. Take your time. Begin with this: Define what drives you. For each of the following facets of life, uncover the principles, passions, and beliefs that guide you.

Facet of Life	Principles, Passions, and Beliefs that Guide You
<b>1. Fitness</b> (physical health)	
<b>2. Focus</b> (mental health)	
<b>3. Feelings</b> (emotional health)	
<b>4. Faith</b> (spiritual health)	
<b>5. Fellowship</b> (relationships with others)	
<b>6. Function</b> (career/calling/contribution)	
<b>7. Finances</b> (money management)	
<b>8. Fun</b> (recreation and relaxation)	
<b>9. Fortress</b> (environment/surroundings)	
<b>10. Formation</b> (personal growth)	

What are your thoughts on sleep, nutrition (food and water consumption), exercise, discipline, willpower, opinions, feeding and fueling the mind, expressing emotions (crying, laughing, yelling), a higher power, relationships, dealing with adversity, poverty, politics, people in general, forgiveness, careers, callings, contributing back to the world, accomplishments money (income/earnings, saving/investing, spending, giving, debt), planning, spontaneity, the future, the present, the past, entertainment, leisure, learning, etc.?

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As it stands now, answer each of the following:

- 1. What are your likes and dislikes?**
- 2. What are your strengths and weaknesses?**
- 3. What's your purpose? (If unsure, for now, list it as being your best self in all areas.)**
- 4. What are you passionate about?**
- 5. What are your triggers? (What sets you off? And what helps you to calm yourself down?)**
- 6. What are your hopes and dreams? (What motivates you?)**
- 7. What do you stand for?**
- 8. What won't you stand for and what will you stand against?**
- 9. What's another question you could ask yourself that hasn't yet been asked?**
- 10. Do your actions and reactions align with your answers?**