

SESSION 3: THE FORMULA ACTIVITY SHEET

INSTRUCTIONS: ASK YOURSELF THESE QUESTIONS. TAKE A MOMENT TO THINK ABOUT YOUR ANSWERS, AND WRITE YOUR RESPONSE.

WHAT ARE THE POSITIVE CORE VALUES THAT DESCRIBE WHO YOU ARE?

REPLACE THE NEGATIVES BELOW WITH POSITIVE TRUTHS

WHAT NEGATIVE (TOXIC) WORDS HAVE BEEN USED BY YOU OR SOMEONE ELSE TO DEFINE WHO YOU ARE?

ALLOW YOURSELF TO DREAM. WHAT WORDS WOULD YOU USE TO DESCRIBE YOUR FUTURE SELF?