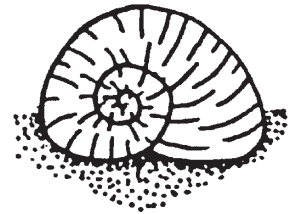


## **PERSONAL GROWTH. . .**

**a new journey  
new experiences,  
new friends,  
and possible changes  
within YOU. . .**

**The questions in this booklet are for you  
to begin a new exploration into your life.  
Hopefully, you will be as honest and  
truthful as you possibly can be in  
answering them. TAKE TIME!**

**For you  
this time can mean  
a new beginning,  
an adventure into yourself,  
an opportunity for discovery  
and sharing,  
giving and receiving.**



**LIFE IS A JOURNEY. . .  
EACH PERSON'S PATH IS UNIQUE. . .**

**By George T. Betts  
Illustrations by Marty Carey**

**As I begin this booklet:**

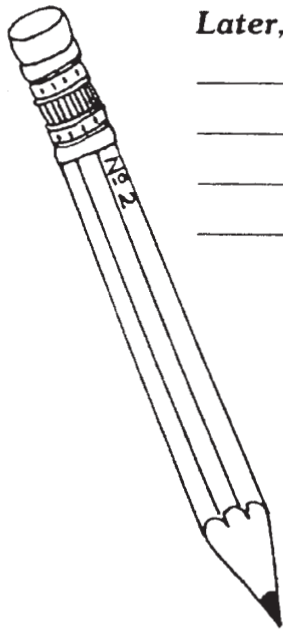
*I am* \_\_\_\_\_

*I am* \_\_\_\_\_

*I am* \_\_\_\_\_

*I am* \_\_\_\_\_

**During the next few weeks I want to:** \_\_\_\_\_



**Later, I hope to be:** \_\_\_\_\_

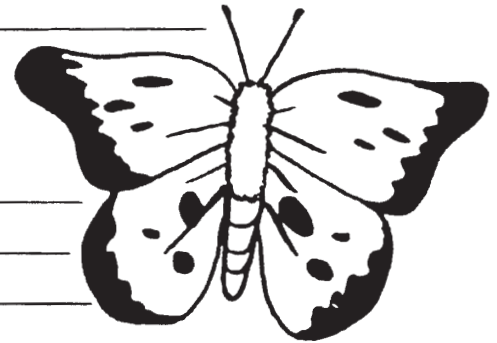
**I find these things easy to do:** \_\_\_\_\_

**I find these things difficult to do:** \_\_\_\_\_

**Part of the journey of personal growth is taking the time to look at yourself and to understand- *WHAT* you are and *HOW* you are. . .**

Qualities I like about myself: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Most of the time I spend my energy just maintaining myself.  
When I want to "enhance" or "go beyond" where I am, I: \_\_\_\_\_



Qualities I want to improve about myself: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other people see me as: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***"we are mirror images unto each other. Through your eyes I can see my own growth."***

**The past is important because it can help you  
to understand "Why You Are Now."**

**These people have helped me to be the person I am today  
(include HOW they have helped you):** \_\_\_\_\_

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**My happiest moments:** \_\_\_\_\_

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**My accomplishments:** \_\_\_\_\_

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**Challenges that have helped me to grow:** \_\_\_\_\_

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**My heros:** \_\_\_\_\_

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**These things I want to learn about:** \_\_\_\_\_

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**During my life, the goals I am going to accomplish are:** \_\_\_\_\_

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**These things I value deeply:** \_\_\_\_\_

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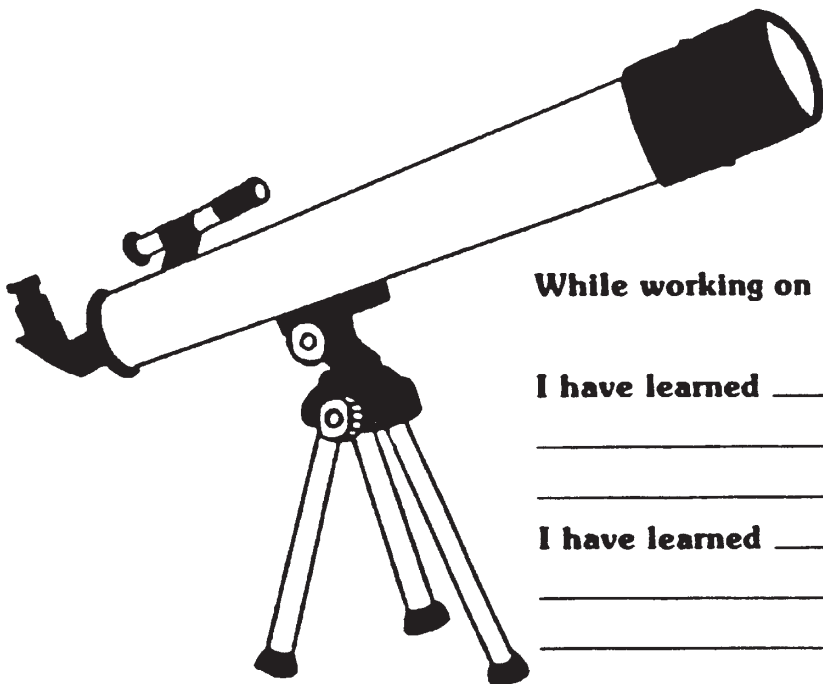
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**My life is:** \_\_\_\_\_

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**While working on this booklet, I realize that:**

**I have learned** \_\_\_\_\_

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**I have learned** \_\_\_\_\_

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# Going beyond. . .

Finish each sentence as honestly as you can. Don't censor your answers.

- Today I am \_\_\_\_\_
- \_\_\_\_\_
- Tomorrow I want to be \_\_\_\_\_
- \_\_\_\_\_
- My friends are \_\_\_\_\_
- \_\_\_\_\_
- Love means \_\_\_\_\_
- \_\_\_\_\_
- I am insecure when \_\_\_\_\_
- \_\_\_\_\_
- I hide my ability when \_\_\_\_\_
- \_\_\_\_\_
- I am REALLY myself when I \_\_\_\_\_
- \_\_\_\_\_
- My main strength is \_\_\_\_\_
- \_\_\_\_\_
- In ten years I \_\_\_\_\_
- \_\_\_\_\_
- I feel secure when \_\_\_\_\_
- \_\_\_\_\_
- My parents are \_\_\_\_\_
- \_\_\_\_\_
- When I first meet people I \_\_\_\_\_
- \_\_\_\_\_
- Most people think I \_\_\_\_\_
- \_\_\_\_\_
- When I don't like people I \_\_\_\_\_
- \_\_\_\_\_
- The hardest thing for me to do is \_\_\_\_\_
- \_\_\_\_\_
- When I face a problem I \_\_\_\_\_
- \_\_\_\_\_
- When I am upset with others \_\_\_\_\_
- \_\_\_\_\_
- I like myself most when \_\_\_\_\_
- \_\_\_\_\_



