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PERSONAL TRANSFORMATION WORKSHEET

It is **important to think** about what **changes** mean to you and the **image** of your “old” self and your “new” self.
Try this **FUN simple activity** that will help you **visualize** the person you were, the person you are & the person that **you** would like to **become**.

SELF PORTRAIT Use words, drawings, or pictures.

THE OLD ME How I see my old self:	THE CURRENT ME How I see my current self:	THE FUTURE ME How I want to see my future self:
Things I love about the old me that I do not want to change :	How I will integrate /keep these things I do not want to change into my current lifestyle:	What the future me looks like with a new lifestyle but having kept the things I do not want to change:
Things about the old me that I want to change :	How I will work on changing these things I do want to change in my current lifestyle:	What the future me looks like with these changes :

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HOLISTIC WELLNESS

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