



Intentional Life Plan

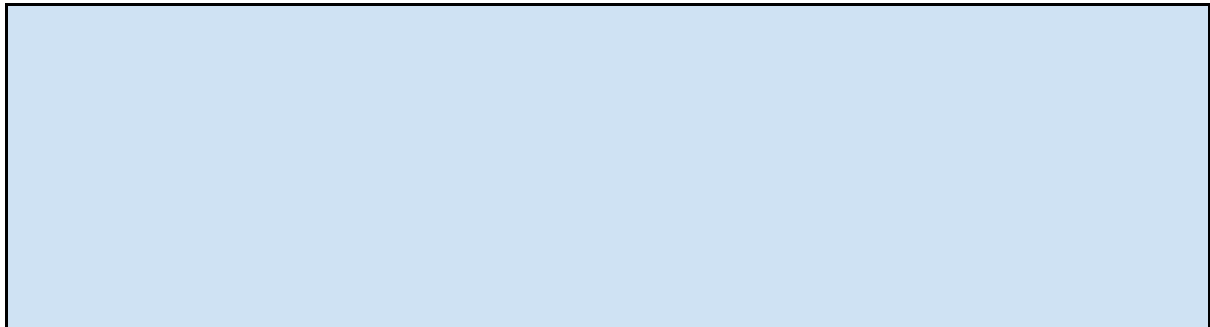
Self-Reflective Questions

Knowing Where You Stand

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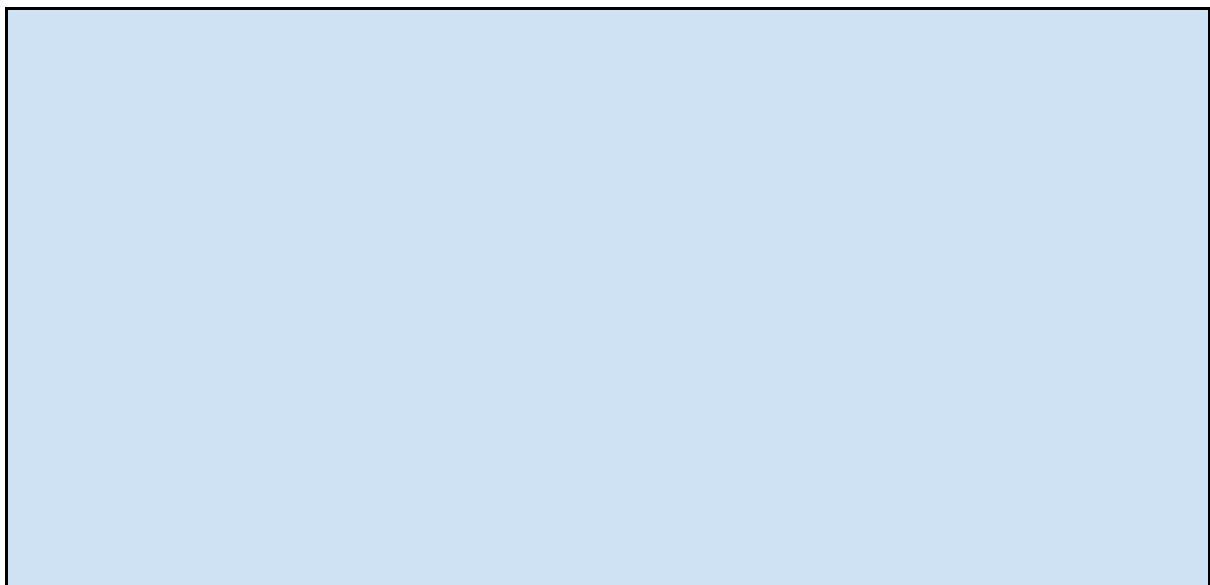
- Chapter 15: Knowing Where You Stand
- Assertiveness Life Areas
- Master the Art of Saying No
- Kindness Type Self-Reflective Questions

Who is responsible for your happiness? Write the following sentence and fill in the blanks: The person who is most responsible for my happiness is ... because ...



Write the following sentence and fill in the blanks:

One guideline I have about [choose a life area] is that I treat myself with I can specifically do this by ...



Write the following sentence and fill in the blanks:

One guideline I have about [choose another life area] is that I treat myself with I can specifically do this by...

