



How Do I Express Myself?

Objective

To observe the gap between who we are on the inside and who we express on the outside.

Pause

Yet, how do we reduce the gap?...

Expand & Connect

Now we are ready. So let's go... You can choose 3 cards, at random or openly, and set them out on the chart in order. Or you can chose your own photos from your personal

albums/ to take new a specially for this process. And ask yourself: How can the cards help me answer the questions?

Focus & Action

Write down the main insights you have reached. Write down three actions that will express these insights in practice and advance you to a better year: one for the next 24 hours, one for next week and one for the coming month.

[2] How do others see/perceive me?

My card:

[1] How do I see/perceive myself?

My card:

[3] How would I like others to see/perceive me?

My card:
