# P⊙INTS ⊕F Y⊕U°

**Creative Tools & Training for Development** 

# **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.

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	[ 1 ] How do I see/perceive myself?
	My card:
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[3]	How would I like others to see/perceive me?
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	My card:
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