

IDENTITY AND LIFE DIRECTION

1. What parts of my current life feel chosen, and what parts feel inherited?



2. What do I say I value, and does my current behavior reflect it?



3. What version of myself am I trying to become, and who taught me that this is what I should want?

4. What am I outgrowing but reluctant to admit?



5. If nobody could judge my decision, what would I choose differently?

