



Emotional Goals

Please list your top three emotional goals. There are no wrong answers.

1) _____

2) _____

3) _____

Explain

Strengths and Weaknesses

List your top three personal strengths; the traits you most like about yourself.

1) _____

2) _____

3) _____

List your top three personal weaknesses; the traits that you would like to improve.

1) _____

2) _____

3) _____