

# Personality Development

## UN-STIFLING

Stifling means someone is stuck in their ways not reaching their potential. We are going to get you out of this through understanding yourself, the world and how you fit into it.

**Write down what your dream life looks like!**

**How would you feel?**

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**How would you act?**

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**How much money would you have?**

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**What type of car would you have?**

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**Who would you be friends with?**

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**What would you do for work?**

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**What would you spend money on?**

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**Who would you hang out with?**

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**Whats your reason for living?**

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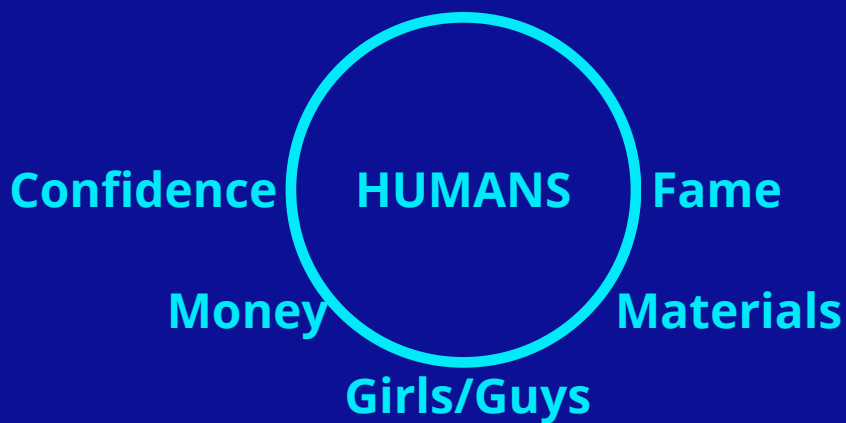
Would you be in shape?

Would you have a partner?

What would they look like?

How do family relationships look?

How would you spend free time?



Humans are attracted to many tenets. Above are some of the main ones we are attracted too. Let's write down what you are attracted too:

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**Let's first understand what your daily routine looks like, what do you do? how do you feel?**

**MORNING:** \_\_\_\_\_

\_\_\_\_\_  
**NOON:** \_\_\_\_\_

\_\_\_\_\_  
**Evening:** \_\_\_\_\_

\_\_\_\_\_

**Let's sum your life up to 3 main tenets:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Let's analyze your 3 main tenets. Are they productive?  
How do they influence your life?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**IF YOU COULD DO 3 THINGS MORE TO ENRICH YOUR LIFE  
WHAT WOULD THEY BE?**

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**HOW DO YOU FEEL RIGHT NOW?**

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**WHO ARE YOU CLOSEST WITH?**

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**HOW DO YOU FEEL WHEN YOU ARE WITH YOUR BEST  
FRIENDS, NON JUDGMENTAI FRIENDS OR FAMILY?**

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**HOW CAN YOU BE THIS COMFORTABLE WITH EVERYONE  
IN YOUR LIFE- FRIENDS, FAMILY, AND COLLEAGUES?**

**LETS THINK ABOUT HOW FILTERED YOU ARE. THIS IS ESSENTIALLY A SCALE OF YOU SAYING WHATEVER IS ON YOUR MIND VERSUS SAYING ONLY PART OF WHAT IS ON YOUR MIND. WHEN ARE YOU MOST OR LEAST FILTERED?**

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**IN ORDER FOR US TO REACH NEW LEVELS OF SELF UNDERSTANDING WE MUST BE HONEST AND VULNERABLE!**

**LETS WRITE DOWN THE MOST IMPORTANT PEOPLE IN YOUR LIFE. HOW DO YOU FEEL ABOUT THEM? BE HONEST, DO YOU LOVE THEM, HATE THEM, OR FEEL JEALOUS ABOUT THEM?**

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## WHAT ARE YOUR WANTS?

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**PRESENCE: YOU CAN EITHER BE IN THE PAST, PRESENT, OR FUTURE! WHERE ARE YOU ON THIS SCALE AT WORK OR IN YOUR ALONE TIME?**



**WHAT WOULD IT TAKE FOR YOU TO BECOME FULLY PRESENT IN ALL AREAS OF YOUR LIFE?**

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**INSECURITIES ARE THINGS WE ALL HAVE THAT WE DON'T FEEL COMFORTABLE WITH. IT CAN BE ANYTHING FROM APPEARANCE TO HOW WE FEEL.**

**WHAT INSECURITIES DO YOU HAVE? BY RECOGNIZING THEM WE CAN BEGIN TO OVERCOME THEM!**

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**LET'S PROVE TO YOURSELF THAT THESE INSECURITIES DON'T MATTER BY FINDING REAL LIFE EXAMPLES OF PEOPLE WHO HAVE YOUR FLAW AND ARE STILL SUCCESSFUL PROVING THESE INSECURITIES ARE HOLDING YOU BACK AND DON'T MATTER!**



**WHAT EMOTIONS DO YOU FEEL ON A DAILY BASIS AND WHY? HERE ARE SOME EXAMPLES:**

**BUBBLY** \_\_\_\_\_

**ALIEVIATED** \_\_\_\_\_

**SADNESS** \_\_\_\_\_

**HAPPINESS** \_\_\_\_\_

**FULFILLED** \_\_\_\_\_

**SHAME** \_\_\_\_\_

**ANGER** \_\_\_\_\_

**EMBARRASEMENT** \_\_\_\_\_

**DISAPOINTMENT** \_\_\_\_\_

**HELPLESSNESS** \_\_\_\_\_

**FRUSTRATION** \_\_\_\_\_

**CONFUSION** \_\_\_\_\_

**VULNERABILITY** \_\_\_\_\_

**SMUG** \_\_\_\_\_

**SURPRISED** \_\_\_\_\_

**WORRIED** \_\_\_\_\_

**JEALOUS** \_\_\_\_\_

**ECSTATIC** \_\_\_\_\_

**EMPTY** \_\_\_\_\_

**OVERWHELMED** \_\_\_\_\_

**CONFIDENT** \_\_\_\_\_

**HOPEFUL** \_\_\_\_\_

## **HUMOR**

**WHAT MAKES YOU LAUGH?**

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**WHO ARE YOUR FAVORITE COMEDIANS?**

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**FAVORITE MOVIES/TV SHOWS?**

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**LOVE LANGUAGE: WHAT YOU COMPLAIN ABOUT NOT HAVING IS YOUR MAIN LOVE LANGUAGE**

**ACTS OF SERVICE: LIKES DOING THINGS**

**WORDS OF AFFIRMATION: LIKES PLEASING WORDS.**

**GIFTS: GETTING AND RECEIVING GIFTS.**

**SPENDING TIME: BEING AROUND THE ONES YOU LOVE.**

**PHYSICAL TOUCH: BEING HELD BY THE ONES YOU LOVE.**

**WHAT ARE YOUR TOP STRENGTHS?**

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**WHAT ARE YOUR TOP WEAKNESSES?**

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**WHAT COULD YOU DO MORE OF TO BE HAPPIER?**

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**WHY DO PEOPLE LOVE YOU?**

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**YOU ARE AWESOME!**