

AT HOME IN YOUR BODY REFLECTION

Finish these sentences:

I AM BECOMING A PERSON WHO...

...WANTS...

...CELEBRATES...

...LEARNS...

...SHARES...

...DOES...



**PEOPLE WHO SUPPORT THE
PERSON I'M BECOMING**

Circle 2- 3 people above who may be interested in doing this work with you.

**PEOPLE WHO PREFER THE
OLD ME**

What healthy boundaries might you need to put in place?