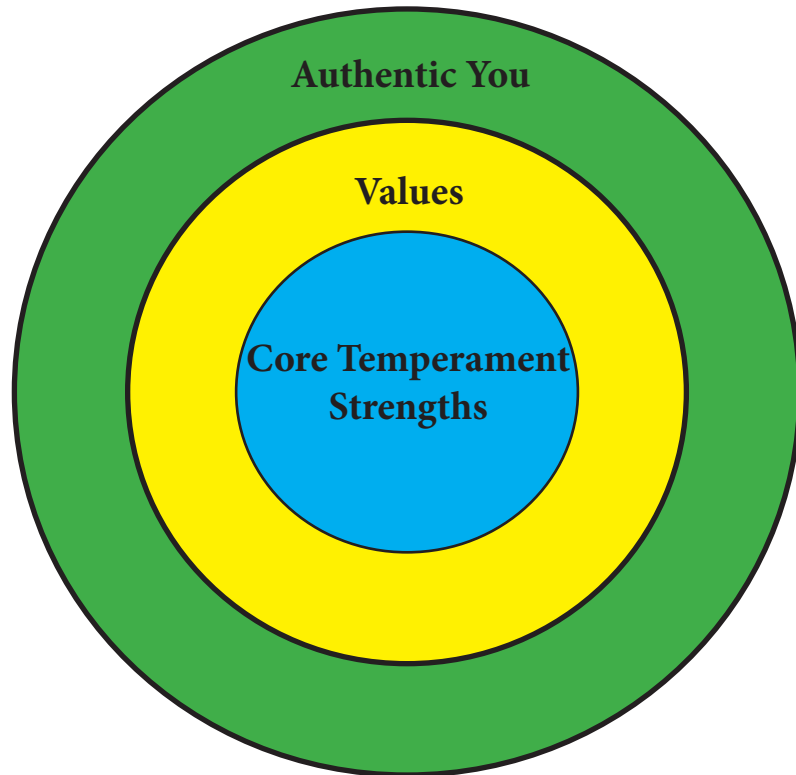


Putting it All Together



Instructions:

1. Draw three concentric circles on your page like in the example to the left, do not label the circles.
2. In the center, write down 3 or 4 strengths from your dominant core temperament(s).
3. In the middle circle, write down your top 3 or 4 core values.
4. In the outer circle, write down key words from your visualization about your authentic self.

Now ask yourself these questions:

1. Where am I in alignment with my temperament, values and authentic self?
2. Where am I out of alignment with my temperament, values and authentic self?
3. What am I willing to change right now to realign myself?
4. What's stopping me from embracing my authentic self?
5. What are my biggest fears around this issue right now?
6. What is one action step I can take today or this week to move forward?