**Self-Reflection Exercise**

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| **People** | |
| *These are the people who add to my life – they’re assets* | *These are the people who detract from my life – they’re liabilities* |
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| **Habits** | |
| *These are the habits that improve my life – they’re assets* | *These are the habits that detract from my life – they’re liabilities* |
|  |  |
| **Attitudes** | |
| *These are the attitudes that enhance my life – they’re assets* | *These are the attitudes that that constrict my life – they’re liabilities* |
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| **Activities & Behaviors** | |
| *These are the activities and behaviors that make me a better person – they’re assets* | *These are the activities and behaviors that have the potential to push me off track – they’re liabilities* |
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