

TABLE OF CONTENTS

| | |
|--------------------------|-----|
| Individuality..... | 7 |
| Authenticity | 21 |
| Purpose | 35 |
| Growth | 49 |
| Positivity | 63 |
| Spirituality..... | 77 |
| Family and Friends | 91 |
| Struggle..... | 105 |
| Beginnings | 119 |
| Decisions..... | 133 |
| Goals and Dreams | 147 |
| Looking Back | 161 |

Individuality

INDIVIDUALITY

Individuality is really the core of everything we do in this world. We're not here to be robots or imitations of other people. We're here to become the best possible version of ourselves. The goal is to never stop growing. The only way to do this is to get to know yourself.

The first step is discovering what makes you unique, seeing who you really are, and what you really want. You are not going to be like anyone else, and no one else is going to be like you.

In this section, we will begin to get a closer look into ourselves, and from there we can start our life's journey.

MAY YOU
live
ALL THE DAYS
OF *your*
LIFE

JONATHAN SWIFT

DATE _____

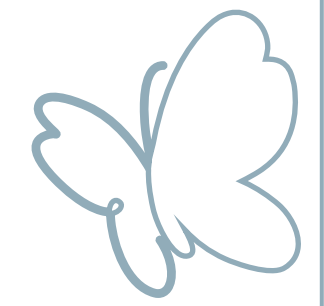
How do people _____
describe me? _____

Is it similar to how _____
I describe myself? _____

What is unique _____
about me? _____



DATE _____



A series of horizontal lines for writing, consisting of 20 evenly spaced lines that fill most of the page.

DATE _____

BE *who you are* AND SAY *what you think*
BECAUSE *those who mind* DON'T MATTER
AND THOSE WHO MATTER *don't mind.*

BERNARD M. BARUCH

What do I love about _____
my personality? _____

Do I define myself _____
by what others think _____
about me? _____