

Name _____ Date: _____

AIM 4 Brain Health Workbook

Hi, and congratulations on taking your first steps towards a better life! This workbook will help you to gain clarity about who you are and what you want in life.

It's easy:

- Fill in the blanks in the sentences below.
- This is just for yourself!!!
- Be as candid and honest with yourself as you can be!
- Take your time!
- Enjoy the process!

Take care - DocChristine

My Personal 3 W's:

1. Who am I?
2. Why am I here on this planet?
3. What do I want to do with the rest of my life?

Who am I?

Complete these Sentences:

Three people that helped me become who I am today are:

1. _____
2. _____
3. _____

Three people that hurt me deeply are:

1. _____
2. _____
3. _____

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Three events in my life that shaped who I am today (good or bad) are:

1. _____
2. _____
3. _____

Three words that characterize most who I am now are:

1. _____
2. _____
3. _____

Three words that characterize who I want to become are:

1. _____
2. _____
3. _____

Three words that characterize how I want to feel going forward are:

1. _____
2. _____
3. _____

Three things I love about myself are:

1. _____
2. _____
3. _____

Three challenges I need to overcome are:

1. _____
2. _____
3. _____

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Why am I here on this planet?

Complete these sentences:

I am on this planet because

1. _____
2. _____
3. _____

The three things I believe I am meant to do are

1. _____
2. _____
3. _____

Three things I am (or could feel) passionate about are

1. _____
2. _____
3. _____

My main reason for living is

1. _____
2. _____
3. _____

It makes me feel happy and alive when I

1. _____
2. _____
3. _____

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What do I want to do with the rest of my life?

Three things I always wanted to do are

1. _____
2. _____
3. _____

Three things on my bucket list are

1. _____
2. _____
3. _____

Three things I want to achieve before I die are

1. _____
2. _____
3. _____

The person I want to become will be characterized by these three traits

1. _____
2. _____
3. _____

Three things/people I need to make my peace with are

1. _____
2. _____



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3. _____

My biggest, crazy dream is

1. _____

2. _____

3. _____

If I had as much money, time and resources as I needed, I would do

1. _____

2. _____

3. _____

Three things I want to be remembered as after my death are

1. _____

2. _____

3. _____

Three things that are holding me back from achieving my dreams are

1. _____

2. _____

3. _____