




“Be the Gift of It” Worksheet:

Trait:

Definition:

1. Ask yourself: *What if I always used this trait? What would my life look like? How would things unfold?*
2. Consider the opposite: *What if I never used this trait?*
3. Ask yourself: *When might I have mis-used this trait in my relationship with myself?*



4. Forgive yourself for when you misused the trait in your #1 most important relationship: your relationship with yourself.

5. Finally, ask yourself: What is the gift of this trait and *how can I use it in my life today, especially in areas where I am looking to grow or facing personal challenges?*