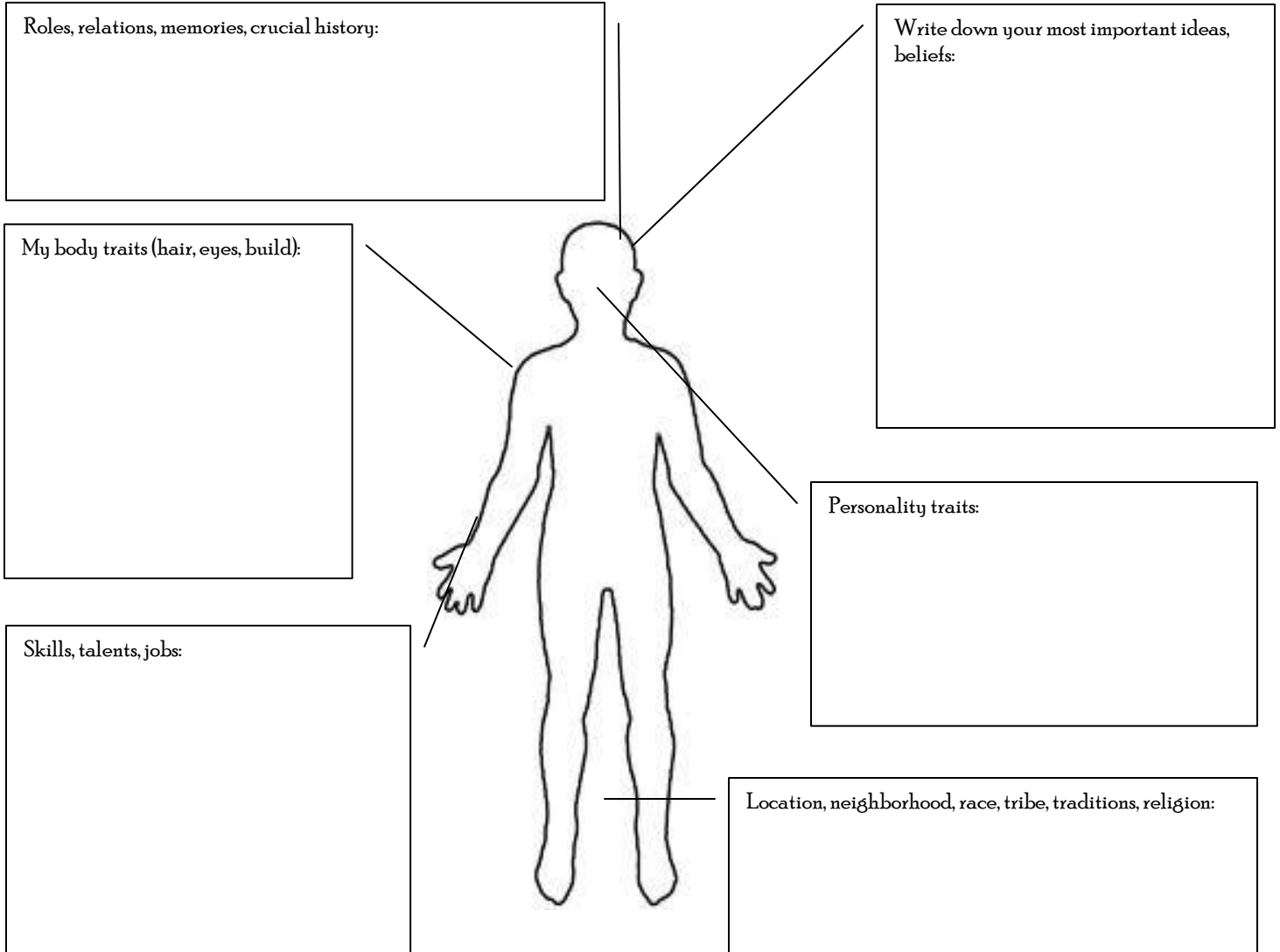


Who am I?

Take a few moments to think about who you are. Label the diagram below with all the aspects you can think of that make up the essential YOU, including personality, body, ideas, dreams, history, traditions, etc.



Now take a few moments and circle everything you listed above that could change or go away. For example, if you grow old, you might lose your hair. You might change your ideas or neighborhood. You might lose your skills or talents if your body changes or you grow elderly.

Write here what is left over, the things that will never ever change:

Does what is written in this box describe the essential you?

