

The Alphabet Circle Journey™: Living Your Best Life

**BUILD YOUR PERSONAL STORY SO THAT YOU CAN
LIVE YOUR BEST LIFE**

EXACTLY WHO ARE YOU?

Reflection: What type of person are you? Find out by answering the following questions and then building your personal story.

1. When do you feel at your best? Check one.

- a) In the morning
- b) In the afternoon
- c) In the evening
- d) Late at night

2. When you wake up, what is one thing you must do or would like to do?

3. If you had no limits, no boundaries, what would you like to do?

4. What kind of traveler are you? Do you like to:

- a) Go the scenic route. (You enjoy several stops, sightseeing, or no rush.)
- b) Take the highway. (You want to get where you're going as fast as possible, no need to relax.)
- c) Take local roads. (You like to see folks buzzing with their daily activities)

5. If you were going to the movies, which one of these would you do?

- a) Check the schedule and be there just in time for your movie choice.

- b) Make yourself available for the next showing of the movie when you get to the movie theater.
- c) Make it an event. Catch a bite and figure out the convenient time to see the movie for you after some R & R.

Now, build your personal story. Based on the answers you checked above, finish these sentences. This is your *own* story, no one else's.

I am at my best _____ . *Insert your answer from #1.*

Each day, when I wake up I like to _____ . *Insert your answer from #2.*

If I had the freedom, I would like to _____ . *Insert your answer from #3.*

When going places, I like to take _____ . *Insert your answer from #4.*

This is because I _____ . *Insert the reason from the bracketed part of your answer to #4.*

When going to social gatherings, I like to _____ . *Insert your answer from #5.*

6. Reflection: To complete your story, answer one more question. Regarding time, do you prefer to (check one):

- Have a schedule
- Go with the flow
- Be a free spirit

So, who are you? You must have a schedule, you go with the flow, or you are a free spirit. It does not matter which one you selected. Just know that this is you for right now. When you are making decisions remember who you are right now. Use this information to guide your decisions.

Use the “Additional Notes” section on the next page to make any comment you wish on the responses to “Who Are You?”

Additional Notes