

Going through this quiz will give you a chance to honestly reflect on who you are and how you see yourself.

Name:

What are 5 Words that Describe Me?

What are 5 Positives About Me?

What do other people love about me and why do they like spending time with me?

What traits am I self conscious about?

What will I love about myself in 50 years?

You are just starting to explore yourself more deeply now... have you accepted yourself presently?

If you have started your personal journey what initiated it?

Was the change physical or emotional or both?

*Once completed please email this worksheet to [detailtherapyphotography@gmail.com](mailto:detailtherapyphotography@gmail.com)*