

A. The Born To Do

1. According to you, what is the Born To Do (BTD)?

2. Why do you think it is important to know our BTD?

B. Exercises to help us connect with ourselves:

1. Fall in love with yourself!

1. Make a list of 10 things you love about yourself:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

2. Make a list of 10 things that people love about you:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

3. Make a list of 10 good things you have done in your life

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

2. Your definition of success:

- 1. Being rich and having nice things _____
- 2. Be in love and happy with your life partner _____
- 3. Working in something you are passionate about _____
- 4. Having good relationships with your family _____
- 5. _____ _____
- 6. _____ _____
- 7. _____ _____

3. What is your goal in life?

1. If you know what your goal is, write it here

2. If you don't know what your goal is – What would you like people to say about you when you will be gone?

C. Your “BTD buddy” for the Course

• Name _____

• How are you related _____