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## **Self-Image Inventory**

1. Identify three areas in your life you would like to change.

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2. What prevents you from changing the above noted items?

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3. What was the last enjoyable thing you did for yourself?

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4. List three events in which you were complimented.

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5. List three events in which you complimented someone else.

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6. List the last three risks you have taken.

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