

Who am I Now?

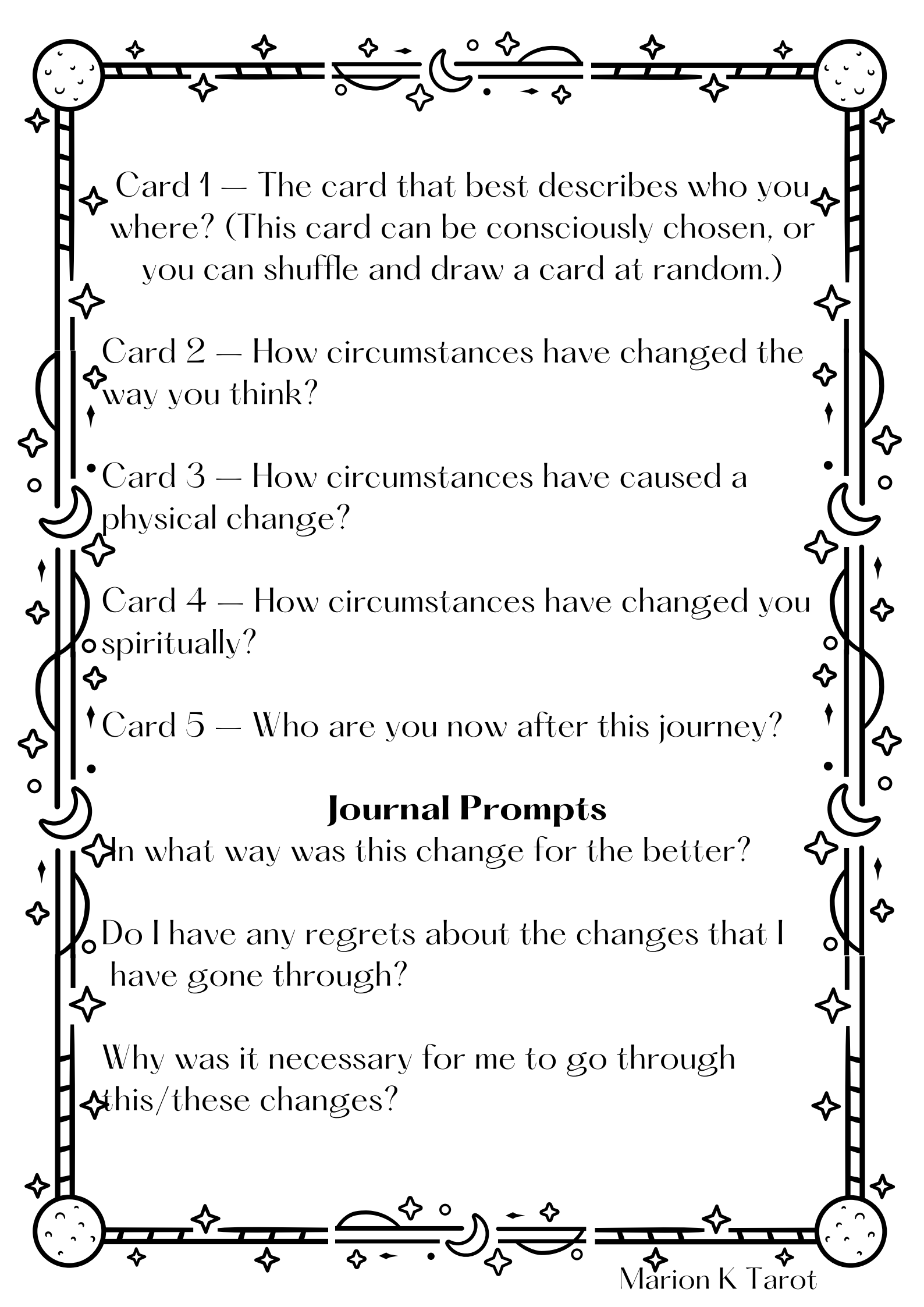
1
Who
I
Was

2
Change
in my
Thinking

3
Physical
Change

4
Spiritual
Change

5
Who
I am
Now



Card 1 – The card that best describes who you
where? (This card can be consciously chosen, or
you can shuffle and draw a card at random.)

Card 2 – How circumstances have changed the
way you think?

• Card 3 – How circumstances have caused a
physical change?

Card 4 – How circumstances have changed you
spiritually?

Card 5 – Who are you now after this journey?

Journal Prompts

★ In what way was this change for the better?

○ Do I have any regrets about the changes that I
have gone through?

★ Why was it necessary for me to go through
this/these changes?