



Yes : No

- ☑ Take a blank sheet of paper and draw a solid line through the middle
- ☑ On one side write “I like ...” and on the other side “I don’t like...”
- ☑ In no particular order jot down all the things that you like and the things that you don’t like.
- ☑ When you run out of ideas, review what you have on the paper and try to think a little deeper about why you do or don’t like them. Dig deeper into the cause of your positive and negative emotions attached to the things you wrote down.

★ *Have fun with this exercise. There’s no need to overthink it. Trust your intuition and inner knowing.*