

A person is sitting on the edge of a large, layered rock formation, looking out over a hazy, mountainous landscape. The scene is captured in a soft, slightly desaturated light.

embrace
Self Awareness

Share your strengths with your group. Name as many as you can!

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Self Awareness

Share your areas of weakness with your group. Don't go crazy, but be honest.

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Share with your group opportunities you hope to experience in the near future. Or areas your hope to grow in.

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Name some things in your personal life that you see as a threat to you achieving these opportunities.