



Eliminating comparing, People pleasing and stress...

Three people you admire and 3 traits you admire them for:

1)

- A.
- B.
- C.

2)

- A.
- B.
- C.

3)

- A.
- B.
- C.

List the traits that cross over.

- 1.
- 2.
- 3.
- 4.
- 5.