

Name: _____

About Me! Sentence Completion

Sentence completion is a deceptively simple yet uniquely powerful tool for raising selfunderstanding, self-esteem and personal effectiveness and also help us accept unpleasant facts, shed light on hidden motivations, and demystify fears.

I was really happy when _____

If I bring more awareness to my life today _____

I'm proud of _____

If I pay more attention to how I deal with people today _____

If I bring 5 percent more awareness to my most important relationships _____
