

# My Style

What do you like to do? What are your interests and hobbies? What are some of your favorite things? What works for you? What keeps you interested and energized? What makes you feel alive? What doesn't work for you? What makes you upset or puts you off? What bores you or shuts you down? What don't you like or like to do? Are there things you haven't tried or done that you would like to?

<b>What I like or like to do...</b> <b>What works for me...</b>	<b>What I <u>don't</u> like or like to do...</b> <b>What <u>doesn't</u> work for me...</b>	<b>New things I'd like to try or do</b>